



MindWorks
THERAPY TRAINING

Practitioner's Diploma in
Hypnotherapy/ Psychotherapy

Accredited by the

National Council of Psychotherapists (est. 1971)
(NCP)

and

General Hypnotherapy Standards Council
(GHSC)





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Introduction

Thank you for your interest in the MindWorks Hypnotherapy/Psychotherapy Practitioner's Diploma course.

Hypnotherapy is a fascinating subject and can be extremely rewarding; not only as a full-time profession but also alongside an existing career. At MindWorks, we want you to enjoy learning with us and be very successful.

MindWorks have delivered affordable, quality training in Hypnotherapy/Psychotherapy for the last 23 years, with students attending from all over the UK, and overseas.

The course is continually updated to reflect new developments in the therapy field. We strive to keep you occupied and interested, with every minute filled with diverse teaching/learning experiences including; plenty of practical demonstrations, practical sessions, interesting and informative PowerPoint-based lectures, group/pair exercises and video presentations.

You will begin to learn how to use Hypnosis very quickly, guided and assisted by working therapists, with smaller groups averaging between 4-6 students.

The course offers a friendly and professional approach to learning - our aim is to provide you with an integrative approach to equip you with the skills and tools necessary to work with a variety of client issues including:-

Stopping Smoking - Fears and Phobias
Stress-related conditions - Building Self Esteem/Confidence
Weight control - and many other issues

You will practice your skills extensively with other students on the course, so please be prepared for change.

We believe that we are one of the only hypnotherapy courses of its kind which ensures that you are not only taken through a thorough experience of being a 'practitioner' but, are also taken through the client experience during practise – essential training for practising upon the general public.

Your time should be spent applying the practical aspects of what you are learning and your reading should be undertaken at home.

***Offer for a limited time - subject to
available places**

Book and pay in full - total course fee is £1375.00

Evening Course Duration

The Evening Course is run over a period of 40 weeks of 3-hour sessions.

Course dates are normally scheduled away from some local school and public holidays as much as is possible.

Please see our full schedule of course dates, which are listed later in this prospectus

Course Times / hours

The Course includes 120 hours of face-to-face tuition time.

The course runs over 40 evenings of 3-hour sessions on Wednesday evenings.

Course eves commence at 6.15pm and finish at 9.15pm

Course Materials

You will receive professionally bound and printed course notes for each Module.

The course notes are extremely comprehensive and easy to read, and we believe in eliminating 'jargon' as much as possible! You will receive course notes for each module in advance (modules 2-9) – affording you time to read through prior to each module.

Feedback from our students is that receiving course notes in this way is extremely useful, and, excellent preparation for the forthcoming modules.

On-going Course Support

In addition to support during our class-time, we offer full on-going support during the course by email or phone at no extra cost. After the course is completed, should you have further queries, support is available by email or phone.

Additionally; supervision (a supportive process for the therapist) can be accessed along with, Continual Professional Development training if required, at a substantially discounted rate for MindWorks graduates.

Course Completion

In addition to full on-going support, we also offer you one-to-one and Group Supervision after course completion if required – this is provided at a special discounted rate for MindWorks graduates.

Course Venue

Next available course will be held at:-
24b Nottingham Road, Ilkeston
Derbyshire DE7 5RE

MindWorks' courses are easily accessible from all areas of the country, being just 15 minutes' drive from Junction 25 of the M1, 20 minutes drive from Junction 26 of the M1 and located approximately 1 mile from Ilkeston Station.

The venue offers pleasant, quiet and comfortable training facilities for the **all-important practical work**. There is plenty off on-street parking and a payable car park 2 minutes walk away.



Evening Course

Lead Course Tutor, Sue Savill Sue runs busy hypnotherapy practices in Nottinghamshire and Derbyshire. Sue is a qualified Family Support Worker and Nursery Nurse with over 20 years experience of working with children and families on a range of issues from sleep to teenage issues.

Sue has previously worked within the local authority, voluntary sector and the NHS. She has a special interest in using hypnosis and NLP techniques with children and young people, and is a Hypnotherapy in Schools Practitioner.

Sue has undertaken specialist skills training for resolving trauma and abuse issues. She is an accredited therapy supervisor and offers individual and group supervision, as well as delivering specialist therapy workshops.

Principal and Assessor, Jason Fletcher, has a long-standing background in the therapy field for nearly 20 years. He is highly experienced; both as a hypnotherapy/psychotherapy practitioner and as a qualified trainer.

Jason also qualified as a teacher/trainer of adults in 2000, and has over 18 years experience providing training to adults in both the private and public sector – his aim is to always ensure that the teaching and learning experience is thorough, effective, and enjoyable - with time for light-heartedness and humour. Prior to 10+ years teaching hypnotherapy/psychotherapy, Jason has vast experience in teaching other practical-based subjects – a key factor in ensuring that MindWorks courses are run with smaller group numbers – which we believe are essential for practical-based trainings.

In addition to running successful Hypnotherapy/Psychotherapy practices in both Nottingham and Derbyshire, Jason is qualified and accredited as a therapy supervisor - providing supervision to other practitioners, and also has trained many other experienced practitioners for the advanced role of therapy supervisor. Jason has also undertaken specialist skills training for resolving trauma and abuse issues.

He has been awarded the Senior Qualification in Hypnotherapy Practice through the General Hypnotherapy Standards Council and has been awarded the title, 'Fellow' of the National Council of Psychotherapists.

Aims of the Course

To provide an integrative and thorough approach, delivering professional training in the field of Hypnotherapy and Psychotherapy:- including support, supervision and guidance in setting up and running a successful practice, and to foster awareness of self and others.

Who is Eligible?

There is no upper age limit, but students should normally be over the age of 21. However, we will consider applications from those aged between 18 and 21.

Academic qualifications are not seen as important as personality, commitment, flexibility, and integrity. A **Hypnotherapy/Psychotherapy Practitioner's Diploma** will be issued, based upon continual assessment and successful completion of the assessment portfolio.

3 additional certificates will also be received after course completion:-

- Certificate in Smoking Cessation Therapy
- Certificate in Stress Management
- Certificate in Weight Management Therapy

Course students must agree to abide by the ethics of the General Hypnotherapy Register and the National Council of Psychotherapists and undertake not to see clients without the appropriate professional indemnity insurance.

Be assured, this course is designed to help you achieve your aims but it should not be seen as a soft option. Students should be prepared to commit themselves to study and practical experience.

Students are also expected to manage their own study time effectively, to work around the scheduled course dates.

The training sessions focus upon practical work – therefore, observed practise sessions are a key part of the training.

On-going course support by email/phone is available throughout the course, and after the course has been completed, for as long as is required.

Due to the highly practical and experiential nature of the course, students will be offered the opportunity to work with some of their own personal material during practical sessions.

Although it is not mandatory, we do recommend that undergoing suitable personal therapy, can be valuable to enhance your training and future development as a therapist.

Feedback from our Graduates

"The class size is superb - I felt that whenever anyone needed a bit more individual attention, it was easily available"

"The supervision outside and after the course has also been fantastic - I never expected to be able to contact tutors outside the normal 'office hours' and be able to get not only a response of any kind but also useful feedback so quickly!"

"The only thing that remains is to say 'thank you' for being so supportive - I have already recommended the course to others"

Dawn, Derbyshire

"Excellent. I would thoroughly recommend this course to others - this is the "no-nonsense" course that turns out therapists that are "doers".

Damon, Bucks

"Jason is a highly knowledgeable, dynamic, passionate tutor who makes learning both interesting and fun, he is a considerate and clear communicator"

"The course content covers both varied and essential topics, the content giving us, the students opportunities for practise and applying the skills and knowledge we gained".

"I would have no hesitation in recommending the course"

Juliet, Notts

"The offer of ongoing or 'outside of class' support from the tutor during the course was excellent".

"The course manuals were thorough and well thought-through"

"I feel that that course has been extremely enjoyable and valuable".

Ron, Notts

"After many years of being away from a working and studying environment, I had lost a lot of confidence and felt my brain cells had deserted me. I needn't have worried. Jason offered a friendly and supportive environment in which to learn."

"I have wanted to study hypnotherapy for over twenty years and I am so glad that I chose MindWorks to achieve this ambition. Not only have I gained the knowledge and experience needed to become a hypnotherapy practitioner, but I have personally changed dramatically from the person I was back in October. This is due to the content of the course, the friendships I have made with my fellow student therapists and the support and guidance. I would not hesitate in recommending MindWorks. Thank you so much"

Leigh, Notts

"Any fears I may have had at the outset were soon dismissed by Jason's professionalism and enthusiasm for teaching the subject. I felt it was really useful to get straight into trance induction as this alone gave confidence that what we were going to learn was not only going to be effective but fun as well"

Noel, Leics

Course Outline

Below is an outline of the main course content. In addition to the training days which incorporate plenty of demonstration and practise time, furthermore, there are several 'Practical Revision Clinics' to ensure you receive plenty of additional practice of your new skills throughout the course.

Module 1

- Course Induction and overview
- The Levels of Mind
- What is Hypnosis?
- The Physiology of Hypnosis
- Suggestibility
- The History of Hypnosis
- When not to use Hypnosis and who not to Treat
- What conditions respond best
- Signs of hypnosis for therapist and client
- Direct and Indirect Suggestion
- Utilising the voice for induction
- Trance Inductions:- Basic Induction, Safe place and Awakening

Module 2

- The methods of Milton Erickson, Bandler & Grinder and Dave Elman
- Metaphor
- Ericksonian Binds
- Direct and indirect inductions:- Fractional Induction
- Rapid Trance Inductions:- Eye Breath/Conversational Inductions
- The power of suggestion
- Transference
- Eye-accessing cues
- Clean language
- Time distortion
- Meeting the client – Initial Consultation
- How to take a history and how to listen

Module 3

- ✓ Rapid Inductions: -'Elman-Style' & 'Matching' Inductions
- ✓ Setting Treatment Goals
- ✓ Well-Formed Outcome
- ✓ Delivering effective Suggestion Therapy
- ✓ Deepeners

Module 4

- ✓ Counselling Skills
- ✓ Active Listening
- ✓ Body Language
- ✓ Constructing hypnotic suggestion:-
 - Utilising questions in hypnosis
 - Script writing development
- ✓ Symptom Substitution
- ✓ Verbal and non-verbal pacing and leading
- ✓ How the client processes information
- ✓ Relaxation (Erickson)
- ✓ Guided Effective Imagery

Module 5

- Introducing NLP
 - Reframing
 - Reframing with Six Steps
 - Internal Representations
 - Perceptual Positions
 - Association and Dissociation
 - Fast Phobia Technique
- Fears and Phobias
- Phobia and Trauma Desensitiser
- SUDS scale
- Parts Therapy
- Ideo-motor responses
- Beliefs and their origins
- Beliefs Change process
- Exploring Record Keeping + Data Protection (Incl. GDPR regulations)

Module 6

- Further NLP
 - Anchoring
 - Setting & Collapsing anchors
 - Voluntary & Involuntary anchors
 - Pattern Interrupt
 - New Behaviour Generator
 - Future Pacing
 - NLP techniques for Smoking Cessation

Module 7

- Accessing previous trance states
- Teaching self-hypnosis
- Specialist approaches for Stop Smoking Therapy
- Freudian Theories
- Models and strategies for session planning
- Specialist approaches for Weight Management
- Suggestion and Chevreul's Pendulum
- Models of Therapy – tailoring the session to the client
- Swish Pattern

Module 8

- Specialist approaches for Stress Management for Self and Client
- Hypnosis and NLP in Sports and Performance
- Exploring the Mind-Body Connection
- Additional Imagery based techniques
- Specialist Approaches for Pain Management
- Analytical Hypnotherapy/Regression/Affect Bridge – Part I

Module 9

- Setting up in Practice
- Exploring why promoting a health-based service such as Hypnotherapy is vastly different to promoting any other form of business
- Unique approaches for promoting your practice without 'selling'
- Promoting your practice to individuals and groups
- Practice Management
- Website & Social Media
- The Law
- Insurance
- The importance of maintaining Supervision
- Ethics
- Affect Bridge – Part II – The Informed Child

Module 10

- Advanced approaches
 - Incl. working with the Inner Child
- Revision/Recap of the course content
- Case Management
 - Incl. Exploring Record Keeping and Data Protection (Incl. GDPR regulations)
- Case Studies
- Portfolio Completion
- Overviews of:-
 - Ethical Bodies
 - Formal/informal Supervision options
 - Continual Professional Development (CPD)
 - Ongoing support

Assessment and Portfolio

On-going practical assessment will take place during the course and homework/portfolio assignments will be given – much of the theory assessment is based around ensuring, that you are progressing with each module we cover, to encourage self-awareness, and that you are you developing your mindfulness of working with future clients. Remember, help is only an email or telephone call away outside of class time.

As we have said, we believe personal qualities are more important for joining this course than Academic qualifications.

For some people assessments and 'homework' may appear to be a scary prospect; don't worry, we are here to help, because we want you to be very successful.

There is a theory assessment paper that can be taken in the safety and comfort of your own home in your own time.

Upon successful course completion you will be awarded the **Practitioner's Diploma in Hypnotherapy/Psychotherapy** and eligible to gain practitioner insurance and begin practising.

Accreditation

Upon successful completion of the Diploma:-

You may use the designation **D. Hyp** after your name.

You will also be entitled to join either or both professional organisations who accredit this course; **The National Council of Psychotherapists (established 1971)** or **General Hypnotherapy Register** (through the General Hypnotherapy Standards Council).

These two organisations are among the largest and most respected in the field today.

Through joining the GHR you will be awarded the **General Qualification in Hypnotherapy Practice** and therefore, eligible to add the designation **GQHP and GHR Reg.** after you name.

Through joining the **NCP** as a practising member, you will be eligible to add the letters **MNCP** after your name.

This course is currently **the only course of its kind available in the Midlands which leads to membership of the National Council of Psychotherapists. (NCP)**

You will also be eligible to join the register of the **Complementary and Natural Healthcare Council (CNHC)** - recognised by the Department of Health.

In addition to the practitioner accreditation through the GHSC and NCP, MindWorks is additionally an **Affiliated Training School of the Central Register of Stop Smoking Therapists (CRSST)**. Successful completion of the course also allows graduates to join the CRSST.



Book List

The following is a required reading list – many of the books listed below are also available to borrow under the MindWorks Book Loan Scheme (see below)

The Art of Hypnosis - C. Roy Hunter

The Art of Hypnotherapy - C. Roy Hunter

Wordweaving: The Science of Suggestion - Trevor Silvester

Hypnosis for Inner Conflict Resolution - C. Roy Hunter

The Magic of Mindpower - Duncan McColl

Thinking Therapeutically: Hypnotic Skills and Strategies Explored – Tom Barber & Sandra Westland

Principles of NLP - Joseph O'Connor & Ian McDermott

The User's Manual for the Brain Vol I & Vol II

Bob G. Bodenhamer & L. Michael Hall

Hypnotherapy - Dave Elman

Hypnotic Realities - Milton H. Erickson, Ernest L. Rossi & Sheila L. Rossi

Some of the above books are available from your local bookshop and, all can be found at www.amazon.co.uk, and via other web-based stores.

MindWorks Book Loan Scheme

MindWorks hold a comprehensive library of approximately 200 books which students may borrow free-of-charge during, and after the course.

Continual Professional Development

Throughout the year, MindWorks will be advising graduates of advanced workshops we will be presenting, and, also by the National Council of Psychotherapists and General Hypnotherapy Register.

Although these are open to all graduates, we usually advise newcomers to Hypnotherapy and Psychotherapy to first consolidate what they have learned before embarking upon advanced therapeutic techniques.

Workshops and seminars are offered by several different groups and organisations giving you access to many new techniques.

Supervision

Both Continual Professional Development, and Supervision – a supportive process for the therapist – can be accessed at a substantially discounted rate for MindWorks graduates after successful course completion.

We offer both one-to-one and group supervision.

All MindWorks' tutors are also trained and qualified as supervisors, and are accredited/acknowledged by the National Council of Psychotherapists and General Hypnotherapy Register as qualified supervisors of therapists.

Next Course Dates and Venue

Course commences: 6.15pm Weds 20th March 2019.

Then continuing on Wednesdays:

March 27th

April 3rd 10th 17th

May 8th 15th and 22nd

June 5th 12th 19th and 26th

July 3rd, 10th 17th and 24th

September 4th 11th 18th and 25th

October 2nd 9th 16th and 23rd

November 6th 13th 20th and 27th

December 4th 11th and 18th

2020

January 8th 15th 22nd and 29th

February 5th, 12th and 26th

March 4th and 11th

NB. Should any of the dates above clash with a prior commitment, please telephone us on 07739 466318 to discuss how we can help

Please note: - Limited Spaces -To maintain quality of training, our evening course runs with average of 4-6 students

**MindWorks
Course Venue**
24b Nottingham
Road, Ilkeston
Derbyshire DE7 5RE.

Course Fees – Commencing:- Weds 20th March 2019

The all-inclusive standard cost of the Hypnotherapy/Psychotherapy Practitioner's course commencing Weds 20th March 2019 are as follows:-

***Offer for a limited time -
subject to available places**

Book and pay in full - total course fee is £1375.00

Otherwise, if paying an initial deposit of £195.00 with application the following payments are required to confirm and secure your place:-

***1 instalment – Approx. 10% discount off standard payment**

£1650.00 due no later than Monday 4th March 2019
(Total balance payable incl. £195.00 deposit - £1,845.00)

**Certification fee of £50.00 is due
approx. 3 weeks prior to
certification**

There are no hidden costs for training - other than the recommended text books, everything you will need for the course will be provided.

As this course runs with smaller limited numbers, either full fee, or a £195.00 deposit is required prior to course commencement to reserve your place.

Why Choose MindWorks?

- ✓ **To maintain quality of tuition this course is run with smaller groups** averaging between 4-6 students on each evening course. We believe that small groups are important for achieving excellence within a practical-based training.
- ✓ **The course fee is highly competitive** and offers excellent value. The fee is a total price and includes all your training, ongoing tutorial support during and after the course, exam fees, certification, stationery and all course materials as stated below.
- ✓ **MindWorks is a well-established training school** - providing professional training in Hypnotherapy/Psychotherapy for the last 23 years. This course draws upon a wealth of information and experience, with constant course updates to reflect current developments.
- ✓ **This course is accredited by two prestigious and well-respected organisations:** - National Council of Psychotherapists (established 1971) and General Hypnotherapy Standards Council (General Hypnotherapy Register).
- ✓ **High standards of tuition in a friendly learning environment.** Course tutors are highly experienced therapists, and **qualified, experienced teachers** with backgrounds including teaching/training within the therapy field both in Further Education and the private sector - Carefully planned training sessions include a variety of teaching/learning methods from practical demonstration and practise sessions.
- ✓ There is **plenty of time for you to practise**, both as practitioner and client. Furthermore, there are several 'Practical Revision' sessions incorporated within the course which allow you to gain additional practice of your new skills in a realistic clinical setting – invaluable preparation for future practice.
- ✓ **Ongoing tutorial support** is provided for you, as long as you need it, during and after the course by email or telephone.
- ✓ **Professionally created, and edited video demos are available for students and graduates** of the key techniques from this course.
- ✓ **The course is ideal for self/personal development.** Plenty of interesting and fun techniques/exercises throughout the course are incorporated to encourage personal development.
- ✓ **Course tutors are accredited, qualified therapy supervisors** – well-equipped to offer both formal and informal supervision during and following course completion.
- ✓ **This course provides an integrative approach and covers both practically and theoretically a wide-range of methods to assist many therapy clients** including; Stopping Smoking, Weight Control, Phobias, Stress Management and many others.
- ✓ **A professionally bound and printed (not photocopied) book of course notes are provided for each Module.** You will also receive additional information during the course such as scripts and audio recordings.
- ✓ **You will have complementary access to MindWorks' book loan scheme during and after the course** – Books are continually added, and currently offers approx. 200 titles.

Making your application

Available spaces for the course are allocated on a 'first come, first served' basis following receipt of deposit, and submission of a successful application.

Option 1. Book Online with Card/PayPal, or Bank Transfer

Please either print the following application off, (if you prefer an MS Word file version, please contact us) and once completed send electronically (via email) to info@mindworks-training.com

You can make payment via Debit/Credit card by phone, or Bank Transfer (please contact us for our account details).

Or, we can email you a PayPal invoice for making payment via PayPal or card.

Option 2. Book via Post

An Application Form can be found overleaf. Please complete either handwritten or typed. If you require assistance with making your application, please do not hesitate to contact us.

To reserve your place, please, complete, sign, date, and return Application Form to the address below, enclosing either; full payment or, a deposit of £195.00.

Please make Cheques/Postal orders payable to 'Mindworks'. Alternatively, you can make your fee payment/deposit via PayPal – please ask us for this option and we can send you a PayPal invoice.

We would welcome you to meet with us for an informal chat at the course venue - or if you would simply like to talk to us further about the course – please

Telephone 07739 466318 to arrange a suitable time.

We hope we have answered any questions you may have. If you do have any further questions, or require assistance with making your application, please do not hesitate to contact us:-

Contact Details

**Jason Fletcher, Principal
MindWorks Head Office**

Strelley Hall, Main St,
Strelley Village
Nottingham NG8 6PE

Phone 07739 466318

Email jason@mindworks-training.com

Application Form (pages 1 of 2) – Commencing March 2019

Title/Full Name: _____

Address: _____

Post Code: _____

Contact Tel No's: _____ / _____

Email Address: _____

Date of Birth: _____

Occupation: _____

Previous Occupations: _____

How did you hear of MindWorks ? _____

Please provide Name and Address of two Referees who can provide a Professional or Character reference if requested:-

Referee One:-

Referee Two:-

Why do you wish to study Hypnotherapy?

Application Form (pages 2 of 2) – Commencing – March 2019

Please list below, to make us aware of any medical, emotional, physical condition or learning challenge you may have, (e.g. diabetes, epilepsy, dyslexia, hearing or sight problems)

Have you any history of mental illness? If 'yes' please give details – Please circle

Yes / No (please circle as appropriate)

Have you ever received a conviction for a criminal offence? (If yes, please give details)

Yes / No (please circle as appropriate)

Are there currently any criminal proceedings against you? (If yes, please give details)

Yes / No (please circle as appropriate)

Can you confirm that you are a Citizen of the UK or EU?

Yes / No (please circle as appropriate)

I enclose a cheque/Postal order for £195.00 / Full Fee (circle as appropriate) payable to 'Mindworks'. I have read the the 'Payment Terms and Conditions' thoroughly, and, understand that all course fees are non-refundable - unless the course is full, or, in the unlikely event the course is cancelled, or, I am not accepted on the course this time.

I can confirm that I have read the prospectus thoroughly, and understand that I have been offered opportunity, as outlined in the prospectus, to attend for an informal meeting to discuss the course further, prior to making this application.

I also understand that if requested by the course tutor, I may be required to discuss my application either in person or, via telephone prior to my acceptance on the course.

Signed: _____

Print: _____

Date: _____

MindWorks reserve the right not to admit to the course, before or during the course, any person who, in the opinion of the tutor, would not be suitable for hypnotherapy training at that time

We always respond to every application - please telephone us if you have not been contacted within 7 days of sending your application

Payment Terms and Condition

MindWorks - Hypnotherapy/Psychotherapy Practitioner's Diploma Course – Commencing 20th March 2019

Either, a deposit of £195.00, or full fee is required to secure your booking.

In accordance with The Consumer Contracts (Information, Cancellation and Additional Charges) Regulations 2013 You have a right to cancel this agreement within 14 working days of the date you sign the Application Form and Terms & Conditions. To cancel, please first verbally notify MindWorks by phone or in person, then complete the Cancellation Form on the next page and send by recorded delivery, to Jason Fletcher, MindWorks, Strelley Hall, Main St, Strelley Village, Nottm NG8 6PE.

If your booking is made less than 14 working days before the course commences, then your right to cancel and receive any refund is waived.

Your final balance, (or first instalment) is due 14 days before the course begins, and once made is non-refundable.

Failure to pay the balance (or agreed instalment) as cleared funds before the course commences will result in your being denied access to the training, and monies paid will be non-refundable.

All course fees are non-refundable and non-transferable.

In the unlikely event the course is cancelled, or postponed; You will be offered to choose either alternative course dates, or a full refund of course fees paid. MindWorks accept no liability for any consequential or indirect loss.

**MindWorks, Hypnotherapy/Psychotherapy
Practitioner's Diploma Course Cancellation
Form**

To:

Jason Fletcher, Principal, MindWorks, Strelley Hall, Main Street, Strelley Village, Nottingham NG8 6PE
info@mindworks-training.com

I/We [*] hereby give notice that I/We [*] cancel my/our [*] contract of sale of the following goods [*]/for the supply of the following service [*],

Ordered on [*/received on [*],

Name of consumer(s),

Address of consumer(s),

Signature of consumer(s),

Date

[*] Delete as appropriate.