

Creating a Safe Therapy Space: Practical Setup Checklist for Hypnotherapists



This quick-reference checklist helps ensure your therapy room supports relaxation, trust, and professional standards. Use it when setting up a new space or reviewing your current one.

For more information, please visit

<https://hypnotherapytrainingblog.blogspot.com/2025/06/safe-therapy-space.html>

✓ Lighting

- Is the lighting soft, warm, and adjustable?
- Can harsh overhead lights be replaced or softened with lamps?
- Have you avoided flickering or buzzing bulbs?
- Optional: Battery candles, salt lamps, or dimmers for ambiance.

✓ Seating

- Comfortable but supportive chair for the client.
- No overly soft, low, or unsupportive seating.
- Consider blanket/throw and cushion options.
- Seating suitable for clients of all sizes.

✓ Room Layout

- Clear, uncluttered layout with space to move.
- Avoid barriers like desks between you and the client.
- Chairs placed at a comfortable angle (approx. 45 degrees).
- Ensure the client can see the door and exit easily.
- Position the therapist chair closer to the exit for safety.



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✓ Sound & Smell

- External noise minimised (e.g. soundproofing, white noise).
- Avoid overpowering scents; check for client sensitivities.
- Consider fragrance-free or very light natural aromas.
- Avoid strong perfumes or incense.

✓ Personalisation & Style

- Room reflects your personal brand and therapeutic approach.
- Room photos are available on your website/socials.
- Avoid excessive personal items or family photos (if working from home).
- Clean, tidy, and professional appearance overall.

✓ If You Hire a Room

- Bring a portable lamp if lighting is poor.
- Add portable touches: a throw, cushion, framed image, plant.
- Use a personal clipboard or branded notebook.
- Optional: gentle music or essential oil diffuser (if permitted).

✓ Online Therapy Setup

- Calm, professional background (or virtual background if needed).
- Clear lighting for your face.
- Good microphone and camera positioning.
- Advise clients to find a private, quiet, and comfortable space.

Final Tip: Walk into your space occasionally as if you're a client seeing it for the first time. What do you notice? What would make it feel more comfortable or safe?



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