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## **Behavioral Life Coaching Informed Consent**

### **Behavioral Life Coaching Agreement**

1. Life coaching assumes the mental health of the client. Life coaching is a collaborative process that is present and future-oriented. It is action-oriented, solution-focused, and encourages change. It involves accountability and commitment to growth through increased competence, commitment, and confidence.
2. As the client, you set the agenda for these sessions and your success will largely depend upon your willingness to define goals and try new approaches. You can expect me, as your life coach, to be honest and direct, asking straightforward questions and offering challenging techniques to help you keep moving forward.
3. Life coaching is not currently a regulated industry in the state of Texas. It will be solely the responsibility of the client to determine the effectiveness of the services rendered and the competency of the coach.
4. Life coaching is not psychotherapy or counseling. Life coaching does not address or diagnose mental disorders as defined by the American Psychiatric Association. Your life coaching sessions are not a substitute for counseling, psychotherapy, mental health care, or substance abuse treatment. Psychotherapy is a healthcare service and its primary focus is to identify, diagnose, and treat nervous and mental disorders.

### **Confidentiality**

While we are not bound by the laws of HIPPA, confidentiality is an important element of the coaching process. Your identity and ongoing work will be kept strictly confidential. I will only release information about our work with your written permission, or if I am required by court order. The following exceptions will apply:

1. There are a broad range of events that are reportable under child protection statutes. Physical or sexual abuse of a child will be reported to Child Protective Services. When the victim of child abuse is over age 18, I am not legally mandated to report it unless I believe that there are minors still living with the abuser who may be in danger of being abused. Elder abuse is also required to be reported to the appropriate authorities.
2. If you are at imminent risk to yourself or someone else or make threats of imminent violence against another person, I will take appropriate action.

**Initial Here to Agree to our Confidentiality Policy:** \_\_\_\_\_



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**Minors and Parents:**

Clients under 18 years of age and their parents: be aware that the law may allow parents to examine their child's treatment records. Because privacy in coaching is often crucial to successful progress, particularly with teenagers, it is sometimes our policy to request an agreement from parents that they consent to give up their access to their child's records. If they agree, during the span of coaching sessions taking place, your coach would provide them (if requested) only with general information about the progress of your sessions, and your attendance at scheduled sessions. Any other communication to your parents will require your authorization, unless we feel that you are in danger or are a danger to someone else, in which case, we will notify the parents of our concern. Before giving parents any information, your coach will discuss the matter with you, if possible, and do her/his best to handle any objections you may have. In cases of divorce, a copy of the divorce decree indicating parental rights to view records and participate in coaching sessions will be required

**Initial here to indicate you have read and understand this statement:** \_\_\_\_\_

**Kids in Session:**

Infants are allowed to be present during a session but please be aware that they may be a distraction to either you or your coach. Please be advised that your coach will ask you to reschedule your session (your session fee will not be refunded) should you bring children to your session who are not directly involved in coaching sessions.

**Initial here to indicate you have read and understand this statement:** \_\_\_\_\_

**If You Attend a Session Impaired:**

We will not engage in therapy with individuals who appear to be impaired by drugs or alcohol of any sort. Please note that if you attend a session and appear to be under the influence of any drugs/medications (legal or illegal) or alcohol, your therapist will ask you to reschedule (your session fee will not be refunded) and refuse to see you at that time

**Initial here to indicate you have read and understand this statement:** \_\_\_\_\_



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**Regarding Coaching on Sexual Concerns:**

Due to the nature of intimate relationships, sexual issues are often discussed at Houston Relationship Therapy. Please note that our coaches are trained to provide sexual education in several formats including, but not limited to, books, videos, models, samples, verbal explanation, paper handouts, etc. Your coach will NEVER touch you or encourage you to touch her. She will also NEVER encourage you to touch yourself or your partner in a sexual manner in her presence. Nudity or revealing clothing are unacceptable during sessions with our therapists. Any inappropriate and/or unprofessional suggestive behavior will not be tolerated and your coach may choose to immediately end the e-coaching session without a refund. Please contact our office should you have any questions or concerns.

**Initial here to indicate you have read and understand this statement:** \_\_\_\_\_

**Fees and Payment/Cancellation Policy**

We do not accept insurance as payment nor will we provide any information other than receipts of payments made by you to you should you decide to seek reimbursement for our services.

**Initial Here to Agree to Our No Third-Party/Insurance Payments Policy:** \_\_\_\_\_

Payment is due at the time services are rendered. Our team members' fees per hour of coaching services range from \$95 to \$245. Because we operate "By Appointment Only", cancellations with less than 24 hours' notice will result in a fee equal to the total amount of the missed session will be debited from your credit card. After two no-shows/late cancellations, client will pre-pay before services are rendered. Clients who have pre-paid agree to have the entire hourly fee deducted from their pre-payment in cases of no-shows and late cancellations. Other services include emergency phone calls over 15 minutes, generating reports, consulting with other agencies and professionals at your request, and the time spent performing any other services you may request. These services will be charged as they occur. PLEASE NOTE: By scheduling a session at Texas Relationship Therapy, you have agreed to have your credit card on file to be used under the circumstances outlined here. You may discontinue coaching at any time. If you have purchased a pre-paid coaching package and choose to discontinue coaching, you may receive a 50% refund of the discounted amount you paid for any unused pre-paid coaching sessions. All pre-paid sessions must be used within 1 calendar year of purchase. (No exceptions please.) Any credit card disputes will result in Texas Relationship Therapy producing a copy of this signed agreement to the company notifying us of the "chargeback" in order to recover our fees. Any additional "chargeback" fees will also be assessed to you the client.



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Failure to pay for our services or fees incurred by fraudulent credit card disputes will result in immediate termination of services and referral to other agencies.

We request that you give us at least 24 hours notice if you need to cancel or reschedule your appointment, otherwise you will be charged for the session in full.

**Initial Here to Agree to Our Fees and Payment/Cancellation Policy:** \_\_\_\_\_

**Acknowledgment and Release of Liability**

By signing this disclosure and consent statement, I acknowledge that I understand the above information. I agree to hold harmless Texas Relationship Therapy and my life coach from all liabilities and claims which may arise as a result of my participation in life coaching.

\_\_\_\_\_  
Signature of Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Date