



CLIENT NAME: _____

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.
3. We work in a group setting, meaning that other coaches or therapists at Houston Relationship Therapy may have access to your confidential data. Every staff member is held to the same strict confidentiality practices. Occasionally we may need to consult with other professionals in their areas of expertise to provide the best treatment for you. Information about you may be shared in this context without using your name.
4. If we see each other accidentally outside of the coaching office, we will not acknowledge you first nor should you feel obligated to acknowledge us. Your right to privacy and confidentiality is of the utmost importance, and we do not wish to jeopardize your privacy. However, if you acknowledge us first, we will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the coaching office.

Initial Here to Agree to our Confidentiality Policy: _____

Fees and Payment/Cancellation Policy

You are ultimately financially responsible for any balance. Houston Relationship Therapy does not bill to any third-party payers nor do we provide any information other than receipts of payment 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: _____



CLIENT NAME: _____

Payment is due at the time services are rendered. Our team members' fees per hour of coaching services range from \$95 to \$425. 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 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 Houston 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 Houston 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. 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.

Initial Hereto Agree to Our Fees and Payment/Cancellation Policy: _____

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 treatment, your coach would provide them (if requested) only with general information about the progress of your treatment, 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 treatment will be required.

Initial Hereto Agree to our Minors and Parents Policy: _____

Kids in Session

Infants are allowed in session but please be aware that they may be a distraction to either you or your coach. Children of any age are NOT allowed to sit outside of the coaching office unaccompanied. 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 in coaching.

Initial Hereto Agree to our No Kids in Session Policy: _____

If You Come to a Session Impaired

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

Initial Hereto Agree to our Impaired in Session Policy: _____



CLIENT NAME: _____

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 them. She will also NEVER encourage you to touch yourself or your partner in a sexual manner in her presence. Please contact our office should you have any questions or concerns regarding coaching on sexual concerns.

Initial Here to Agree to our Policy on Coaching on Sexual Concerns: _____

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 Houston Relationship Therapy and my life coach from all liabilities and claims which may arise as a result of my participation in life coaching.

I HAVE READ THIS AGREEMENT IN ITS ENTIRETY AND AGREE TO ENTER IN TO COACHING AT HOUSTON RELATIONSHIP THERAPY ON THIS DATE:

DATE: _____

CLIENT'S NAME: _____

CLIENT'S SIGNATURE: _____

MINOR'S NAME: _____

GUARDIAN'S NAME: _____

GUARDIAN'S SIGNATURE: _____