

LIFE COACHING DISCLOSURE STATEMENT

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CERTIFICATIONS:

I am a certified and accredited Purpose, Spiritual, and Life Coach (2022). I am also certified in Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Acceptance and Commitment Therapy (ACT) Couples Counseling using Systemic Family Therapy, Grief and Bereavement, Mediation: Conflict Management and Resolution, Psychology of Human Sexuality, Attraction, and Love and Sexual Attitudes, as well as, Alcohol and Drug Addiction Psychology (2022). I have received a bachelor's degree in Psychology, as well as a second in Sociology (2011). I have extensive training in child/victim Advocacy as well as Trauma Informed Care. I have worked in Child and Family Service and have over 15 years of working with children, adults, and parents in a variety of settings. Because of my training, teaching, and clinical experience, my theoretical orientation is typically Strength Based, Integrative Person-Centered and Cognitive-Behavioral Approaches. While not imposing my beliefs on any client, I also approach my coaching from a Christian worldview.

ABOUT MY CLIENT RIGHTS:

You are entitled to receive information from me about my methods of coaching, the techniques I use, the duration of your coaching (if I can determine it), and my fee structure. Please ask if you would like to receive this information.

You can seek a second opinion from another life coach or therapist or terminate coaching at any time. Be aware there are no guaranteed results in the practice of life coaching.

In a professional relationship (such as ours) sexual intimacy between a coach and a client is never appropriate and legal action can be taken if such occurs.

Generally speaking, the information provided by and to a client during coaching sessions is legally confidential. If the information is legally confidential, the life coach cannot be forced to disclose the information without the client's consent.

There are legal exceptions to the general rule of legal confidentiality. The exceptions Include: intent to harm others or yourself; abuse or suspected abuse of children, national security concerns under provisions of the Patriot Act; federal court orders; possibly the abuse of the elderly or others unable to care for themselves; neglect or suspected neglect of children; subpoenaed testimony in

criminal court cases and orders to violate privilege by judges in child-custody, divorce and other court cases. Also, be aware that, except in the case of information given to a licensed psychologist, legal confidentiality does not apply in a criminal or delinquency proceeding. There are other exceptions that I will identify to you as the situations arise during coaching.

COACHING FEES:

I charge for life coaching services with a regular fee of \$125 per 50-minute clinical hour. If a session requires additional time, that time will be charged at \$60 per additional clinical half-hour. I also offer a discounted rate of \$500 for five sessions (a savings of \$125 off our normal rate) when pre-purchased. This fee is non-refundable, even if the client decides to not continue for all five sessions and must be used within six months of purchase. When required, services will be offered on a negotiated sliding scale based on the client's annual income. We do not process insurance claims directly. We can provide a receipt with all the essential information/codes necessary for you to file a claim with your insurance carrier. You will be expected to pay for each session at the time the session occurs. Any exceptions to this policy will be fully at the discretion of me as the life coach.

Any scheduled appointment will be expected to be paid for unless advance notice of at least 24 hours cancellation or rescheduling is given. If **24 hours** notice is not given in advance of canceling an appointment, a \$60 cancellation fee may be assessed to the client. If the canceled appointment is rescheduled in the same week no fee will be assessed. Understanding will be given in the cases of unforeseen circumstances (such as illness or accidents) that cause the inability to make the appointment. Rescheduling will take place as soon and as conveniently as possible.

AS A LIFE COACHING CLIENT I UNDERSTAND THAT:

I understand that court testimony on your behalf is charged at a higher rate of \$300 per hour including testimony related matters like case research, report writing, travel, depositions, actual testimony and cross examination time and courtroom waiting time. Signing this disclosure statement gives permission for me to release confidential information in courtroom testimony and written reports to the Court.

I understand that there may be times when my life coach may need to consult with a colleague or another professional, like an attorney, about issues raised by me in coaching. My confidentiality is still protected during consultation by my life coach and the professional consulted. Signing this disclosure statement gives my life coach permission to consult as needed to provide professional services to me as a client.

I understand my life coach provides **non-emergency** coaching services by scheduled appointment. If my life coach believes my personal and professional issues are above her level of competence, or outside of her scope of practice, she is legally required to refer, terminate, or consult. If, for any reason, I am unable to contact my life coach by email, alisha@thewalklifecoaching.com or phone (303) 641-9419 and I am having a **true emergency**, I will call **911** or check myself into the nearest hospital emergency room.

I understand that if I have any questions or would like additional information, I may feel free to ask during the initial session and any time during the life coaching process. By signing this disclosure statement, I also give permission for potential inclusion of my partners, spouses, significant others, parents, legal guardians, or other family members in coaching or psychotherapy when deemed necessary by myself and/or my life coach. Specific request and permission will be required.

I understand that I am legally responsible for payment for my life coaching services at the time of services provided. Any exceptions to this policy will be fully at the discretion of me as the life coach.

I understand that confidentiality cannot be assured for electronic communications like cell phones, emails, and FAXing. I do not hold my life coach responsible or liable for breach of confidentiality if I choose to communicate with my life coach by these electronic means.

CLIENT SIGNATURE, ACKNOWLEDGEMENT, AGREEMENT, AN CONSENT:

I have read the preceding information, had sufficient time to be sure that I considered it carefully and understand my rights as a client and my life coach's responsibilities to me. By signing below I acknowledge my understanding and agree to all the terms discussed in this disclosure statement. By signing this disclosure statement, I also agree to permit consultation and I provide release for my life coach to seek consultation with other life coaches or psychotherapists or professionals as the need arises. I also affirm, by signing this form, that I am the legal guardian and/or custodial parent with legal right to consent to treatment for any minor child or children that I am requesting life coaching services for from Elisabeth Hollis. Consistent with HIPAA requirements this disclosure statement can be revoked at will by the client or the consenting parent or guardian. Revocation is not retroactive.

Client Signature

Date

2nd Client Signature (Couples)

Date

Service Provider Signature

Date