Non-Therapy Agreement

*"Life coaching is a process which may be long- or short-term. In life coaching, a client works with a coach who is not a healthcare professional in order to clarify goals and identify obstacles to success and problematic behaviors in order to create action plans to achieve desired results. It takes the client’s current starting point as an acceptable neutral ground and is more action-based from that point onward." --Tony Robbins*

**Coaching is not to be confused with therapy.**

Clinical counseling (therapy) essentially means all approaches that seek to investigate past wounds and challenges as a way to diagnose and treat mental health concerns such as depression, anxiety, bipolar, personality disorders, and the like.

If you are a current client and have previously seen me for one of these concerns, this document is an official acknowledgement that our previous therapy relationship has ended and we will no longer be pursuing healing for mental health concerns together in session. However, I can offer several reputable referrals to clinical therapists if necessary.

If you are a new client, this document acknowledges that the intent for our time together is solely for life coaching purposes. Should a mental health concern arise, I agree to refer you to the appropriate mental health professional/clinician.

Signature of Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

* The professional coaching relationship between myself and Charity Kelsey, MSPC will here forward be defined by vision casting for what I want out of life and establishing a road map to help me get there through goal setting and accountability.
* I acknowledge and understand that I will neither be receiving therapy from Charity Kelsey, MSPC under InsideOut Life Coaching, nor will I advertise her services as anything other than life coaching either by mouth, through social media, or otherwise.

Signature of Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_