

Life Coaching Client Consent & Information Form



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Greetings,

I am Vanessa Reiser, LCSW, a Psychotherapist licensed in the States of New York, New Jersey, and Massachusetts; the Founder and CEO of Tell a Therapist LLC and Tell a Therapist, INC. will be indicated by their name.

In Vanessa Reiser's clinical role, she specializes in working with recovering codependents, trauma victims, addicts, and victims of psychological abuse. In addition to her being a clinical Psychotherapist, she has extensive experience in providing Life Coaching and Psycho-education and provide paths to building your life back up after various other traumas.

If you are a client new to coaching, or a current therapy client transitioning from Psychotherapy to Life Coaching, please review the following information, sign and date, and return to us before your first session.

Kindly and in Support,

Vanessa

What is Life Coaching and how is it different from Counseling?

Life coaches help the clients they work with focus on identifying and moving towards personal and, at times, professional goals. Through focused coaching support, clients can learn healthy and helpful ways of navigating through challenges in creating a life they feel excited about.

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It may be interesting to learn that life coaching is rooted in clinical theory, often drawing on the work of Dr. Carl Rogers, Dr. Alfred Adler, and Dr. Carl Jung.

Rogers, Adler and Jung saw individuals as fully capable artists of their lives, and frequently involved their clients in goal setting and life planning. These are all tenets and approaches in today's life coaching methods.

Coaching takes the best of those approaches, along with a new type of assistance for clients, such as:

- Working with the client to help them define life dreams and goals
- Formulating a plan that will foster and grow the client's skills and talents
- Helping the client navigate difficult challenges in reaching their goals
- Teaching tools and providing materials to assist the client
- Helping the client with focus and accountability
- Providing structure, encouragement and support
- Providing intentional and empathetic listening

Is a Life Coach the same as a Therapist?

Experienced coaches have similar qualities to counselors, in that coaches listen, observe, encourage and customize their approach to individual client needs.

However, there are differences between coaches and therapists. For example, a life coach partners up with the people they work with to help the client improve and enhance the quality of their lives in helping the client move forward. Coaches do not analyze the past.

A therapist works with and counsels a client dealing with emotional challenges, mental illness, trauma, grief and loss, and relationship issues. A therapist often draws on the client's past history in order to help the client heal. This also improves the quality of the client's life.

Additionally, a life coach works actively with the client in order to create solutions and strategies; they believe the client is naturally creative and resourceful. Often times, the coach's role is to provide support so that the client can further develop their inherent skills, confidence and creativity.

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Similar to therapists, life coaches support their coaching clients via in person or phone session in order to help the client create their best personal and professional life.

Through specific strategies and skills, the coach helps you define your goals and create the life you envision. Coaches help you focus, provide direction, compassionately challenge you, motivate you and celebrate with you.

What happens if I need a Therapist vs. a Life Coach?

If after our first session, or at some point during our coaching work together, it is apparent that you would be better supported by Psychotherapy, and you are not located in the states of New York, New Jersey and Massachusetts (the States Vanessa Reiser is licensed in as a Psychotherapist), we will do our best to provide you with clinical referrals in your area, and will refer you out to a therapist.

If you are located in the States of New York, New Jersey and Massachusetts, and would prefer to work with Vanessa Reiser in her Psychotherapists' role, we can discuss this and, as long as it best supports what you hope to achieve in counseling, and falls under her scope of practice, she may provide therapeutic support for you.

In our coaching role, it is important to understand that while Vanessa Reiser may draw on particular aspects from both disciplines from time-to-time, such as intentional listening, affirming, encouraging, reflecting, and supporting with empathy, she does not work in both roles at the same time with clients. This would be considered operating in a "dual role." Providing counseling and coaching at the same time is not something that clinical therapists engage in, nor should a life coach without clinical training and licensing provide psychotherapy to coaching clients.

Though Vanessa Reiser is a Licensed Therapist, and though Life Coaching has aspects that are similar to counseling, should you work together, it is important for you to understand that her role and work as a Life Coach is separate than her role as a Psychotherapist.

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If you feel that Life Coaching would be of support, you are welcome to schedule a session. You can do that directly with Vanessa Reiser at vanessa@tellatherapist.net or via her assistant, Sarah Westlake (sarah@tellatherapist.net). You can also visit tellatherapist.org.

Please read the following information and initial, sign and date the signature page (last page), and return all pages to me before your first Life Coaching session.

Please ask any questions you have prior to signing:

I understand that Vanessa Reiser, LCSW will be providing me with Life Coaching support and not Clinical Psychotherapy. Initial Here _____

I understand that Vanessa Reiser, LCSW will not be acting as my Psychotherapist, nor will they be working with me as a Psychotherapist. Initial Here _____

I understand that if I have formerly worked with Vanessa Reiser, LCSW as a clinical therapy client, I will be receiving coaching. Initial Here _____

I agree to inform Vanessa Reiser, LCSW if I would like to transition to Psychotherapy at any point in our coaching work together. Initial Here _____

I understand that should I request a transition in working with Vanessa Reiser, LCSW as a Psychotherapist, that Vanessa Reiser does not provide clinical services outside of the states of New York, New Jersey and Massachusetts where she is licensed. Initial Here _____

I understand that Vanessa Reiser, LCSW may refer me out to therapy if she believes I would be better supported by a different mode of counseling service, or different level of clinical support. Initial Here _____

I understand that email, texting and phone cannot be guaranteed as confidential, and by contacting, sending or receiving forms or information via phone or Internet is done at my discretion and I will assume the risk involved. Initial Here _____

I understand that while I will be working with Vanessa Reiser, LCSW as a Life Coach, because of the license that she holds, Vanessa Reiser, LCSW is a mandated to report the following:

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1. Suicidal Ideation or threats to harm oneself
2. Homicidal Ideation or threats to harm someone else
3. Child abuse (sexual, physical, emotional, verbal or neglect)
4. Elder abuse (sexual, financial, physical, emotional, verbal or neglect)
5. Dependent Person abuse (sexual, financial, physical, emotional, verbal or neglect)
6. Downloading or distributing, or filming, texting or sharing child pornography, sex with minors (a minor is a child under the age of 18)

I understand that Vanessa Reiser, LCSW provides life-coaching sessions via phone and it is my responsibility to keep track of my sessions and call in on the scheduled day and time of my session. Initial Here: _____

Unless I have requested a sliding scale, I agree to the life coaching session fee of \$185 per 45-minute session, and understand that the fee is due and payable on the day of my coaching session. Initial Here: _____

I agree to honor my sessions and understand that the cancellation policy is 72 hours in advance of my session or the full fee is due. Initial Here _____

I agree to honor contact boundaries out of my life coaching sessions, and will not abuse email, texting or calling outside of our coaching work, unless it has been scheduled, as the relationship is professional in nature. Initial Here _____

I agree to assume any risk and liability as the result of my life coaching work with Vanessa Reiser, LCSW and my signature below confirms that I am working with them at my own request, and that I clearly understand the difference between life coaching and Psychotherapy services. Initial Here _____

I understand that I am free to terminate coaching services at any time, or request a transition to Psychotherapy, or a referral to a Psychotherapist. I understand Vanessa Reiser, LCSW is a mandated reporter. Initial Here _____

I understand that my choices as the result of working with Vanessa Reiser, LCSW and the consequences of my choices, positive or negative, are mine alone, and that I will not legally hold Vanessa Reiser, LCSW personally or professionally responsible for my coaching outcome and choices, nor will I hold Tell a Therapist, LLC. Or Tell a Therapist, INC., or any other person, organization, structure, assets, or affiliates associated personally or professionally with Vanessa Reiser, LCSW legally or financially liable for the results of my work with Vanessa Reiser, LCSW.

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I have had all of my questions asked and answered clearly:

Name (print): _____

Signature: _____ Date: ____/____/____

*. It is important to identify and explain our approach. Vanessa Reiser has a very no nonsense approach and is the coach that will explain things in a clinical way and Vanessa Moretto is the heart of the operation. We have a great duality/ recipe of brains and love that is sure to aid you in your recovery.