

Bee-Cause Resources & Wiregrass Hypnotics

Informed Consent for Coaching and Hypnosis Agreement 2022

Please read through the following informed consent agreement. What follows is a basic understanding between client and coach. In general, what are listed below are the responsibilities and obligations of your coach, and some expectations of you as the client. This document also contains important information about our professional services and business policies. Do not sign the informed consent unless you completely understand and agree to all aspects. If you have any questions, please reach out to your coach, so you and your coach can go through this document in as much detail as is needed. When you sign this document, it will represent an agreement between us.

- ***Voluntary Participation:*** All clients voluntarily agree to treatment, and accordingly may terminate any time without penalty. Coaching involves a large commitment of time, money, and energy, so you should be thoughtful about the coach you select. In the first session, you should be deciding whether your coach is right for you. If you feel it is not a good match, then your coach will be happy to assist you in finding a new coach or way of moving forward.
- ***Client Involvement:*** All clients are expected to show up to appointments on time, prepared to focus on and discuss goals and issues, and will not attend while under the influence of mood-altering chemicals. All clients are expected to be open and honest so your coach can assist you with your goals. Coaching is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for the processes, we do to be most successful, you are encouraged to work on things we talk about both during our sessions and at home. Inconsistent attendance can negatively affect your progress. We also require you to pay up front unless otherwise agreed upon. We find this keeps the client commitment up and creates skin in the game per se.
- ***Coach Involvement:*** Your coach will be prepared at the designated time, (barring emergencies), and will be attentive and supportive in meeting your goals and do everything possible to assist you in achieving a greater sense of self-awareness and work toward helping you resolve problem areas.
- ***Guarantees:*** Although most people do grow through effective coaching, some may not. Accordingly, your coach makes no guarantee of results. In this instance your coach expects that your best results will come from you, they are simply your guide. It is not possible to guarantee results such as: becoming happier, saving marriages, stopping drug abuse, becoming less depressed, and so forth.
- ***Risks of Coaching:*** Just as medications sometimes causes unexpected side effects, coaching can stimulate painful memories, unanticipated changes in your life, and uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. In some cases client's symptoms become worse during the course of coaching, but your coach will always make sure you end your session on a high note. Another positive side effect of coaching is that throughout the process of therapeutic change it is not uncommon for clients to reach a point of change where they may feel they are different and no longer able to be the same person they were upon entering coaching which is often the goal.
- ***Benefits of Coaching:*** The benefits of coaching can include: a higher level of personal awareness and insight as well as functional coping skills, solutions to specific problems, new insights into self, more effective means of communicating in relationships, symptomatic relief, improved sense of self and acceptance.
- ***Alternatives to Traditional Therapy:*** can include hypnosis, use of the BAUD to mitigate or eliminate trauma, stress relief through breathing and cold plunges/showers, twelve step programs, peer support groups, and more which all depend on the client and what is needed at the time.
- ***Credentials and Qualifications:*** In this case your coach is a certified life coach, she is certified in spiritual hypnosis, virtual gastric band and much more. She holds a certificate as a Master Neurolinguistic Programming Practitioner, and she holds a master's degree in Counseling and psychology. Though she has chosen not to be a licensed counselor she has passed the licensure exam for the state of Florida which is the NCMHCE. She is also a

Licensed Minister and is open to all walks of spiritual teachings so long as they follow a code of love and do no harm to others.

- ***Coaching Approach & Theory:*** Your coach generally uses a multitude of tools and approach's that include a Cognitive Behavioral and Humanistic orientation to coaching. She is directive and pulls nothing back when dealing with her clients because she believes the only time available is the current moment and she does not wait until another time to deal with pressing issues. Your coach focuses largely upon client responsibility in the process, building a relationship with clients, creating a nurturing environment conducive to change, exploration of past events and how they continue to affect you today, analysis of underlying belief systems and their relation to inadequate functioning or hindrance to change, and implementation of specific emotional, cognitive, and behavioral techniques designed to aid in change toward specified goals. The approach this coach uses is taking many things into consideration but using hypnosis will be able to assist the client immediately in the first session in many cases.
- ***Colleague Consultation:*** In keeping with standards of practice, your coach may consult with other professionals regarding care and management of cases. The purpose of this consultation is to ensure quality of care. Your coach will maintain complete confidentiality and protect your identity by not using real names or any identifying information.
- ***Meetings and Length of Coaching:*** Once we have agreed to work together, we will usually schedule our appointments as necessary based on the clients' goals and desires. Session length can vary due to issues being dealt with. Some session due to the intensity may only last 30 minutes where others based on conversation and intensity may take up to us much as 90 minutes. We are done when we are done! Because our meetings are your time, you are expected to come to each session with a sense of what it is you would like to discuss or work on during that session. Length of coaching is quite variable based on client motivation, number and severity of issues to resolve, and work efforts outside of coaching sessions. On average, many people feel they have obtained what they were looking for in 1-10 sessions. For some it may go longer that all depends on them and the success they are experiencing.
- ***Confidentiality and Privilege:*** The information and content shared in coaching will remain confidential, except as noted in the next section: Exceptions to Confidentiality and Privilege. Your information will not be shared with anyone without your written consent. Your information is also privileged, which means that your coach is free from the duty to speak in court about your sessions unless you waive that right, or a judge orders it.
- ***Exceptions to Confidentiality and Privilege:*** As a mandated reporter in the profession your coach is legally and morally obligated to violate confidentiality under the following circumstances:
 - When the coach has reason to suspect that the client has been, or is currently, involved in the abuse or neglect of child
 - When the coach has reason to suspect that the client has been, or is currently, involved, in the abuse or neglect of vulnerable adults
 - If a client is pregnant and taking street drugs
 - If a client is a serious danger to themselves, i.e., if suicidal
 - If a client is a serious danger to someone else, i.e., if homicidal
- ***Ethical Guidelines:*** Your Coach follows the American Psychological Association (APA) ethical guidelines, as well as those rules dictated by their personal code of ethics which boils down to do no harm and be loving in all matters.
- ***Records:*** Due to the manner of coaching I do I keep very limited records and notes. When we do an intake I will keep that record and I will keep vague notes so we can measure our growth as we engage.
- ***Professional Fees:*** Coaching is not covered by any insurance. Payment is expected up front before we schedule our appointments. As it stands in 2022 our session fee is \$150. We are willing to barter in some cases with prior approval. You also can pay half up front with permission. We never want anyone to go without coaching due to financial concerns. We will work with you if you are motivated. We use Venmo and Cash App for payments.
- ***Phone Availability:*** We are often not immediately available by phone, but you can text. We will do our best to return messages within 24 hours or sooner. We will also not answer the phone when we are with a client. When we are unavailable, you are able to leave us a voice message and we will make every effort to return your call the

same day you have called, with the exception of weekends and holidays. If you are difficult to reach, we encourage you to leave us times when you will be available. If you have an emergency, please reach out to 911.

- **Emergency & Interruption of Coaching:** In the event of any mental health or substance abuse emergency, we encourage you to contact a crisis service or call 911. When we are on vacation or plan to be unavailable for a brief period of time, we will let you know ahead of time. The nature of our work and the clients we accept we do not foresee having any major emergencies arise.
- **Termination:** Either the client or the coach may end coaching at any time. Your voluntary involvement allows you to discontinue at any time. If your coach feels you are no longer benefiting from coaching or your coach feels there is a conflict in values they may discuss termination.

Financial Agreement and Terms

- **Billing and Payments:** You will be expected to pay for each session prior to scheduling meetings, unless we have agreed on other arrangements.
- **Cancellation, No Show or Late Arrival:** In general, all clients must provide the coach a minimum of 24 hours' notice in the event of a cancellation, which does not include weekends. This means if you have an appointment at 1:00pm on Monday, you will need to have cancelled by 1:00pm on the Friday prior. Clients will be charged for appointments that are not canceled at least 24 hours in advance and for all no shows. Clients arriving late will not be provided an extension of time beyond what they were scheduled so as not to disrupt other client appointments. No reduction in fees will result from shortened sessions due to a client's late arrival.

Bee-Cause Resources and Wiregrass Hypnotics: Informed Coaching Consent Agreement

As the client, my signature below indicates that I have been provided a copy of the *Informed Consent for Coaching Agreement*. My signature below confirms my understanding of all the rules and responsibilities of both the client and the coach, in addition to understanding the financial terms and agreements. My signature constitutes my agreement and compliance to this document. I, as well as my coach, will abide by the stipulations listed herein.

Print Client Name

Date of Birth

Signature

Date