

Online Coaching Information

Your Name _____ D.O.B. _____ (age) _____

Your partner's Name (if this is couples coaching) _____ (age) _____

How long have you been a couple? _____

Address _____

City/State/ How Zip _____ E-mail _____

Phone (H) _____ (W) _____ Emergency Contact _____

Emergency Contact Relationship _____ Phone _____

What brings you to online coaching?

How would you like your life / relationship to be affected / changed by online coaching?

On a scale of 1 to 10, "10 is VERY," how motivated are you to do the work necessary to make these changes? _____

My fears about doing this online coaching are:

This experience will have been worthwhile if....

How did you learn about us? [] Advertisement [] Friend [] Internet [] Other _____

Online and Phone Based Coaching Agreement

Phone 314-445-5678 | Fax 314-261-5029 | info@mrcrstl.org

INFORMATION FOR CLIENTS AND CONSENT FOR COACHING

Please read the following guidelines for coaching services provided by the Multicultural Counseling and Research Center. This information is offered as a guide to the subject of the mutual responsibility between you and your coach. As your coach, it is my goal to assist you in designing your life in such a way that you regularly experience both peace and joy in your own skin, as well as in all of your relationships. Although there are no guarantees on the outcomes from coaching, it is likely that you will experience the same degree of success in this process as you expect to (lesson #1). *As a coaching client you maintain complete responsibility for both your decisions and actions.*

COACHING IS NOT THERAPY

Although we are trained in psychotherapy and are Licensed Clinical Social Workers or Licensed Professional Counselors in the State of Missouri, **we do not engage in the practice of psychotherapy with our coaching clients.** For example, *in coaching, we will not assess for, nor diagnose and treat mental health disorders.* Rather, in coaching, we will determine your individual and/or relationship goals and the strategies you can use to obtain your goals. If issues arise that are best dealt with in a therapeutic context, I will refer you to an appropriately licensed psychotherapist.

TELEPHONE/ONLINE BASED COACHING

All sessions are based on CENTRAL STANDARD TIME (St. Louis, MO). We will plan to be available by phone at our agreed upon time to receive your call (by phone at 314-445-5678 or by skype at **multicultural.counseling**). Once that time is established, it will be reserved for you. If you need to cancel a session, please provide at least 24-hour notice or you will be charged for 50% of the appointment fee.

SESSION FEES

Our fees for coaching are \$80 for a 50 minute telephone or online coaching session and \$120 for couples coaching. Coaching sessions are prepaid by paypal.

CONFIDENTIALITY

Because the coaching relationship utilizes mail, telephone, faxes and the internet for the transmission of personal information I cannot guarantee the confidentiality of the personal information that you provide via these forms of communication. However, any information that you provide to me will subsequently remain confidential and will not be given to a third party unless you give specific permission to release the information, or I am required by law.

The issue of confidentiality is further governed by both law and ethics. By law you hold the privilege of confidentiality and I will not release any information to anyone without your written permission. There are some exceptions to your rights under the law. Examples include, but are not limited to, when I have reasonable cause to believe that you are a danger to yourself or another person. I am also required by law to report any information about or reasonable suspicion of sexual, physical or emotional abuse of minors or elders to Child Protective Services or Adult Protective Services. If you have any concerns regarding confidentiality issues, please talk with me about these and other exceptions to the confidentiality privilege and my responsibility concerning them.

CONSUMER SATISFACTION AND LEGAL REMEDIES

Because of the complexity of human functioning I cannot guarantee the outcome of the coaching, nor the impact on your life of any changes that you subsequently make. Each party agrees to indemnify, defend and hold harmless the other party, its agents, officers, and employees from and against any and all liability expenses including any defense costs and legal fees incurred in connection with claims for damages of any nature whatsoever, including but not limited to bodily injury, death, personal injury, or property damage arising from such party's performance or failure to perform its obligations hereunder. Because coaching by telephone/internet may occur across state lines this agreement shall be governed by and enforced in accordance with the internal laws of the State of Missouri.

CONSENT FOR COACHING

I have read and received a copy of the above information and agree to abide by these guidelines. I hereby consent to coaching.

Coaching Client's Signature

Date

*Please sign this document and fax it to Multicultural Counseling and Research Center, at 314-261-5029.
If you have any questions please e-mail info@mrcrstl.org*