



## Informed Consent Life Coaching

### Life Coaching Agreement

1. Life coaching assumes the mental health of the client. Life coaching is a collaborative process that is present and future oriented. It is action oriented, solution focused and encourages change. It involves accountability and commitment to growth through increased competence, commitment, and confidence.
2. As the client, you set the agenda for these sessions and your success will largely depend upon your willingness to define goals and try new approaches. You can expect me, as your life coach, to be honest and direct, asking straightforward questions and offering challenging techniques to help you keep moving forward.
3. Life coaching is not psychotherapy or counseling. Life coaching does not address or diagnose mental disorders as defined by the American Psychological Association. Your life coaching sessions are not a substitute for counseling, psychotherapy, mental health care or substance abuse treatment. Psychotherapy is a healthcare service and its primary focus is to identify, diagnose and treat nervous and mental disorders.
4. Life coaching is not currently a regulated industry in the state of California. It will be solely the responsibility of the client to determine the effectiveness of the services rendered and the competency of the coach.

### Confidentiality

Confidentiality is an important element of the coaching process. Your identity and ongoing work will be kept strictly confidential. I will only release information about our work with your written permission, or if I am required by court order. The following exceptions will apply:

1. There are a broad range of events that are reportable under child protection statutes. Physical or sexual abuse of a child will be reported to Child Protective Services. When the victim of child abuse is over age 18, I am not legally mandated to report it unless I believe that there are minors still living with the abuser who may be in danger of being abused. Elder abuse is also required to be reported to the appropriate authorities.
2. If you are at imminent risk to yourself or someone else or make threats of imminent violence against another person, I will take appropriate action.

### Fees, Payment Schedule, and Services

1. You are not required to make any commitment during the first session. Each session thereafter, a treatment plan will be implemented (via in person, by phone, or internet). Each appointment will last for 50 minutes and the fee is \$75. The payment is due at the start of each session. Note that there is no insurance coverage for these sessions.
2. I request that you provide at least a 24 hour notice if you need to cancel or reschedule your appointment, otherwise you will be charged for the session in full.

### Acknowledgment and Release of Liability

By signing this disclosure and consent statement, I acknowledge that I understand the above information. I agree to hold harmless Dr. Saum Yermian from all liabilities and claims which may arise as a result of my participation in life coaching.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Client