

## **INFORMED CONSENT**

### **Jeremy D. Spence Coaching**

Welcome! I want you to know that I look forward to getting to know you and working with you as we begin our coaching work together. This document contains important information regarding my policies and processes. These are important things for you to be aware of as we work together. You are invited to ask me any question you have about these policies or about the coaching process.

Today's appointment will take approximately 1 hour. The market rate for a coaching session is \$100 which is very appropriate given experience and approach. By signing this form you are agreeing that this is the rate you agree to pay unless you make arrangements with me prior to a coaching session. Sessions may be pre-paid and discounts are available. I do work on a sliding fee scale so we can discuss what you are able to pay for sessions.

You also understand that coaching is **not** professional counseling, and though I have a degree in counseling I cannot provide counseling to individuals outside of the state of Ohio. Also coaching is not available to present counseling clients. Coaching is not for those who have a diagnosable mental health issue. If a mental health issue, requiring treatment becomes obvious during coaching sessions this will be discussed and a referral will be made to a mental health counselor. Coaching may be terminated in such cases.

Sessions may take place via phone call, in person, zoom, or another mutually agreed upon method. Coaching sessions though confidential cannot be protected by law and you must be aware of this. Coaching can take place at many different times so it is important that this is discussed.

Coaching is not regulated by any state and so as a consumer you must be aware that your protections are only as good as your understanding of local and state laws. Please discuss your concerns with your coach at any time. I am able to help you understand and if problems arise a mutually agreeable decision may be possible. At any time you may stop your coaching relationship and I may do the same. Any unused sessions may be refunded as appropriate.

To make coaching successful it is imperative that you work between the sessions and actively apply the discussions to your situation. Coaching does not work with an individual who is not willing to put in the effort and time to make it work. Coaching is meant to be brief and then can continue on a session-by-session basis after you and I agree to the schedule. Be prepared to be assigned homework and do the work. Failure to do the work can be detrimental to coaching and cause the coaching relationship to be ended.

Coaching has at its goal these things: uncover the skills and strengths a person has, create structure so that more effective decisions can be made, help uncover possibilities, provide a hopeful environment where change can take place, maintain and sustain healthy relationships, bring about calm in the midst of a chaotic situation, and help individuals achieve the goals they have for life. If you are ready for this type of environment I am ready to work with you.

#### **About Jeremy:**

Jeremy Spence has earned a Bachelor of Arts Degree in Bible from Cedarville University and has completed his Master of Science in Mental Health Counseling from Capella University. He has over 20 years experience working with adolescents, their families, and other individuals in a faith based environment. Jeremy is trained, but not certified, in EFT (Emotional Freedom Techniques) and has taken many other courses and seminars in a variety of methods/techniques. For more information about EFT please visit [www.eftuniverse.com](http://www.eftuniverse.com).

## Informed Consent Signature Page

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

### Emergency Contact Information

In the event of an emergency, please provide a contact:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_