



## COUNSELING + COACHING AGREEMENT

Please read through the details of our counseling and coaching agreement and initial each point.  
If you have any questions please feel free to me at [info@jamieclear.com](mailto:info@jamieclear.com)

### **CLIENT and COUNSELOR COMMITMENT:**

As with all meaningful transformational processes, all sessions are client-centered and non-directive. The counselor trusts the client's inner wisdom to be the guide for the content of our work rather than participating in advice giving. We will focus on a holistic model of bio-psycho-social-spiritual transformation, which includes all the aspects of being that bring greater purpose and meaning to the client's daily life. Goals are defined by the client and results are directly related to the client's participation and willingness to take responsibility. The counselor will provide feedback, resources, and encouragement in support of the client's doing their own work. \_\_\_\_\_ (client initials)

### **CONFIDENTIALITY:**

Our time together is sacred and I will hold our conversations in strict confidence. I will not reveal the names of my clients or the content of our conversations unless I am required to do so by law or court order. On the other hand, you are free to share whatever you choose about our conversations with anyone. \_\_\_\_\_ (client initials)

### **SOCIAL MEDIA POLICY:**

Jamie Clear maintains a number of professional social media accounts for the purpose of sharing information and resources with colleagues, friends, and clients. These are professional (not personal) accounts and the content reflects such. You are welcome to follow Jamie on any of these accounts if you find it beneficial, however, in order to protect your privacy, and the professionalism of the counseling relationship, Jamie will not follow back. Our relationship needs to take place in session in order to maintain its integrity and its focus on your growth and healing. If there are things from your online life that you wish to share with me, please bring them into our sessions where we can view and explore them together. \_\_\_\_\_ (client initials)

### **SCHEDULE:**

All sessions are 50 minutes and may be held by phone, Skype or in-person. Every client has unique needs in regards to the length and frequency of counseling services and we will come to a mutually agreed upon schedule. Clients may choose to meet as often as once/week or as seldom as once/month. For sustained growth and progress it is recommended that we meet no less than once/month. Most clients find that there is great value in ongoing, regular feedback and support in their life.

\_\_\_\_\_ (client initials)

### **FEES:**

All payments must be paid online at [jamieclear.com](http://jamieclear.com) via credit card or paypal prior to session. Insurance is not accepted and super bills are not provided for services rendered. The session fee for (1) 50-minute session is \$75, unless other arrangements have been mutually agreed upon prior to commencing. \_\_\_\_\_ (client initials)



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**CANCELLATION POLICY:**

Out of respect for the counseling relationship both the counselor and client commit to providing 24 hrs. notice of cancellation. Refunds will not be given for sessions cancelled less than 24 hrs. before session, unless there is an emergency. \_\_\_\_\_ (client initials)

**ARBITRATION AGREEMENT:**

I agree to address any grievances I may have directly with my counselor immediately. If we cannot settle the matter between us, then a jointly agreed-upon outside consultation will be sought. If not, an arbitration process will be initiated under the auspices of the American Arbitration Association, which will be considered as a complete resolution and legally binding decision under state law. \_\_\_\_\_ (client initials)

**COMMUNICATION:**

It is the client's responsibility to contact the counselor at the pre-arranged appointment time. Jamie Clear may be reached for telephone sessions at 760.652.9896. For Skype sessions you may contact Jamie at jamieclear1. For the fastest response to scheduling issues or questions related to your counseling session please text Jamie or email [info@jamieclear.com](mailto:info@jamieclear.com)

\_\_\_\_\_ (client initials)

**PLEASE NOTE:**

All services provided by Jamie Clear Counseling + Coaching are based on a wellness model and focused on personal development and transformation. Services rendered are not intended to diagnose mental health issues or treat psychological issues. If a client is suffering from a clinical diagnosis and is in need of mental health treatment, a referral will be made for more appropriate care. \_\_\_\_\_ (client initial)

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Counselor Signature

\_\_\_\_\_  
Date