



gina
SENARIGHI

MA, MFT, CPC
EDUCATOR | COACH | CONSULTANT

COMMITMENT

Everyone wants change, but not everyone is willing to change. Your willingness is the foundation of this work. By entering this coaching partnership, you acknowledge you want to make significant progress to grow. You are prepared to take action toward building a successful personal growth practice outside of sessions in addition to attending sessions.

Coaching is for individuals who are emotionally and psychologically healthy who want to make meaningful changes and move forward in their lives. Coaching is not a substitute for medical or legal advice, or psychotherapy.

Coaching is a process that facilitates personal, professional and spiritual development. Our coaching relationship will be co-created. Though this partnership will be friendly, warm and trustworthy it will remain a professional working relationship drawing upon the coach's professional training and expertise in the field of human relationships.

As your coach and/or sexuality counselor I follow the professional ethics codes of both the [American Association of Sexuality Educators, Counselors and Therapists \(AASECT\)](#) and the [International Coaching Federation \(ICF\)](#).

CONFIDENTIALITY

The coaching relationship is built on trust. Your story will be held with utmost respect and care. All information exchanged in session will be held in strict confidentiality. However, confidentiality may be broken if harm to any individual is reported during coaching sessions.

Please note that no online or technology-based communication is completely confidential.

LOCATION

In-person coaching sessions are conducted in person at 1920 N Killingsworth St, Portland OR 97203.

Online coaching sessions are held via FaceTime or Skype. Please secure a distraction-free space with consistent internet access before the time of our session. Phone sessions can be used as a backup in cases of technological malfunction. I will not participate in a coaching session with you while you are driving, so please plan accordingly.



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SCHEDULING

I respect your time and our shared time invested in this work. Therefore we commit to start and finish each session on time. If you're late to session, the missed time will be counted as time spent. If you're more than 10 minutes late for session, and I haven't heard from you, I'll assume the session is cancelled and charge the missed appointment fee.

Rescheduling: Rescheduling a coaching session is easily done with appropriate notice. Please allow for at least 48 hours notice to appointment changes.

Cancellation: If you need to cancel an appointment, please give at least 48 hours notice. If you're unable to provide at least 48 hours time when cancelling an appointment, fees for that missed session will be charged. In cases of inclement weather or unexpected travel we will meet online or by phone to replace our in-person meeting.

Between Sessions: Calls made between the scheduled sessions are based on availability. We agree to keep these calls to 15 minutes or less. Full phone sessions are available between sessions should the need arise.

Continuity: Once you've started work with me you are always welcome to step away from the work and return as needed. When you return after a gap of six weeks or greater I ask you to renew your client file and begin again as a new client to update our goals and renew our plan.

FEES & PAYMENT

I believe in creating access to this work. If you would like to propose a payment plan please ask.

My fees are \$200 for the initial 60-75-minute session. Ongoing sessions are \$125 per 50- minute session and \$175 per 75-90- minute session. Additional parties (more than 2) per session add \$50/session per person. In-person session payments are processed weekly post-meeting. Online sessions must be paid 24 hours in advance.

Please enter the card information you would like to keep on file to pay for your services.

Signature _____ Date _____ ZIP CODE: _____

Cardholder Printed Name: _____

Card Number: _____ Exp. Date ____/____ Card Security Number: _____

Partner's Name (if using your partner's card for sessions) _____



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CONSENT FOR COACHING

I understand that the services provided to me by Gina Senarighi are not to be construed as, or a replacement for, psychotherapy, legal counsel, or medical advice.

I understand that I'm responsible for my own decisions and results and agree not to hold Gina Senarighi or any company Gina Senarighi is affiliated with, liable for any outcomes resulting directly or in directly from the coaching process.

I have read this document and have had the opportunity to ask questions about it. I understand my rights to privacy and the exceptions to my rights to privacy.

Signature _____ Date _____

Phone: _____ Email: _____ DOB: _____

Pronoun: _____ Address: _____

GOALS FOR THE WORK

My three main goals for our work are:

Three words to describe our relationship status right now are:

One thing I would like to see my partner change in our relationship is:

One thing I need to change about the way I show up in this relationship is:



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LEARNING AGREEMENT

I acknowledge that:

- in the past some of my choices have negatively impacted those around me, including those I love, and myself,
- there is a possibility I will repeat these past choices as patterns in the future,
- change and growth are not linear processes,
- I want to improve quality of life and reduce stress for myself and those I care for by changing my relationship patterns.

In order to deepen my awareness to grow and learn in this process I will:

- give myself space to have fun, experiment, create and change my mind,
- stay open to feedback and willing to learn from my partner, and others I care for,
- offer consensual compassionate feedback to my partner and/or other participants,
- offer feedback to my facilitator/coach if the process needs adjustment for my learning style,
- examine my inner resistance and limiting beliefs, actions, and reactions and
- ask for support, advice, encouragement, empathy, resources, and tools when I need,
- pace myself as I work through tools and resources,
- commit to completing planned personal work between meetings and after the event.

In order to create meaningful lasting change in my relationship patterns, I will:

- pay attention to the choices I make and claim responsibility for them,
- seek to understand the consequences of my choices (including those I didn't intend),
- not use the actions of others as excuses for my choices,
- do all I can to repair negative impact done by my chosen actions or omissions,
- explore the patterns of behavior that lead to my actions and omissions,
- address and change unhealthy, out-of-balance, and/or harmful patterns,
- practice self-compassion, giving myself permission to make mistakes as I shape new patterns,
- extend this practice of compassion to my partner and understand they will make mistakes as they learn, grow, and shape new patterns.

SELF CARE

I understand this process may raise strong emotions within me. I commit to excellent self-care (adequate sleep, nourishment, exercise, and pampering) for the duration of this process. If I need additional support I will call upon family, friends and community members (other than my partner) including (names):

Signed: _____ Date: _____