



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.

Coaching is a process that facilitates personal, professional and spiritual development. The client and Coach (Gina Senarighi) agree that the coaching relationship will be co-created. Though this relationship will be friendly, warm and trustworthy it will remain strictly a professional working relationship.

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

By entering this relationship, the Coach and Client acknowledge that the Client wants to make significant progress to grow. We acknowledge progress and change happen at rates that are unique to each individual. In order for real change to occur the Client must be prepared to take action toward building a successful practice outside of sessions in addition to attending sessions.

A minimum of one hour per week for three months is recommended to make progress toward your goals.

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. This includes Skype, Google hangouts, email, text messages, and social media. If there is something you would like to share with complete confidentiality please let me know during an in-person session. I do text clients scheduling information and appointment reminders only. If we agree to meet for an online session you understand I have no control over the confidentiality of the program or sites used to communicate, including their storage, security, recording or dissemination of information.

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 \(ICF\)](#).

Scheduling

I respect your time and our shared time invested in this work.

Coaching sessions are typically conducted in person at 1920 N Killingsworth St, Portland OR 97203 or via telephone unless otherwise arranged.

Online sessions: If you are outside the Portland area online sessions are available. I will not participate in a coaching session with you while you are driving, so please plan accordingly for our time together. Please secure a distraction-free space with consistent internet access before the time of our session. Phone sessions can be used as a back-up in cases of technological malfunction.

Late to Sessions: The coach and client commit to start and finish each session on time. If you are late to a session, the missed time will be counted as time spent. This is necessary in order for me to stay on time with all scheduled appointments for the day, we will still need to end at our regularly scheduled time. If you are more than 10 minutes late for a session, I will assume the session is cancelled and charge the \$150 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.

Client Initials: _____



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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, you will be responsible for the missed session fee of \$175. In cases of inclement weather or unexpected travel we can meet via online chat or 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.

Fees & Payment

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

Payments will be processed by credit card kept on file at the end of each business week.

My fees are \$175 for the initial 60-75-minute session. Ongoing sessions are \$100 per 50-minute individual session and \$150 per 60-90-minute couples session.

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

Signature _____ Date _____

Cardholder Name: _____ Card Number: _____

ZIP CODE: _____ Exp. Date (MM/YY) _____ / _____ Security Number: _____

Agreement & Informed Consent for Coaching

I, (print name) _____, certify I do not suffer from any physical or mental disability that might affect my participation in the coaching process, and, if I have any substance abuse problems or mental illness, I am investing time and energy in a counseling process with a psychotherapist who supports my decision to begin 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 _____

Printed Name: _____ Pronoun: _____

Address: _____

Date of Birth: _____ Phone: _____ Email: _____

My three main goals for our work are
