

LIVING *in the* WAKE of ADDICTION



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Monthly Courageous Caregivers© Policy Sheet

Your fee for three, two-hour group coaching sessions is **\$75.00** and is due **48 hours previous to our first scheduled meeting via PayPal on my website @ <http://recoveringu.com/recovery-coaching/>** It is the second fee listed at on my pull down menu “Coaching Support-Recovery Coaching” under “Single Recovery Coaching Session”. Although it’s a PayPal center you do not have to have a PayPal account or create one. You may use any credit card. Just keep saying you don’t want to create or use a PayPal account (unless you want to) and you will be taken to a page to enter your credit card number etc.

If you need to miss a session I require a twenty-four hour advance notice. The best way to do this is to call my office and leave a message @ 612-866-1056. If you cannot reach me there please call my cell: 612-749-4006. I do understand that sometimes this may not be possible as with an unplanned illness or personal emergency. If you do miss a session, your session will be rescheduled in one of two ways.

- 1) **You will be able to attend one session of the next three-month group at no extra charge.**
- 2) **Or, you may have a 30 minutes personal session with me via the phone.**

Generally speaking, the fact that you are receiving coaching is confidential and so is the content of whatever you share. However, in order for us to thank referral sources or serve as a resource between clients, it may be helpful to disclose that you are a coaching client. Let me know if it is acceptable for me to reveal that you are a client under these circumstances. The content of our discussions will always be held strictly confidential. If a third party pays for coaching, I need your permission to release non-specific, general progress information to them, if they have requested it.

Coaching is based on the belief that each client is resourceful, creative, capable and self-responsible. Therefore, it is my policy to ask clients to agree to a “hold harmless clause.” That is, as a client you agree to accept total responsibility for the outcome of any decisions or actions taken on the basis of the coaching relationship. **Coaching, while it may have psychological benefits, is not to be construed as psychotherapy, but rather as a resource for self-examination, goal setting and goal achievement.**

Signed _____ Date _____