

Client Bill of Rights

For Individuals Receiving Professional Mental Health Coaching

As a client engaging with a Professional Mental Health Coach, you have the right to:

1. Dignity and Respect

Be treated with compassion, dignity, and respect, regardless of your background, beliefs, or current challenges.

2. Clarity of Services

Receive a clear explanation of what professional mental health coaching is and is not, including how it differs from counseling, therapy, and medical care.

3. Informed Consent

Understand and voluntarily agree to the coaching process, including goals, limitations, confidentiality, and associated fees, before services begin.

4. Confidentiality

Expect that your information will be kept confidential, with a clear explanation of limits to confidentiality, including legal obligations to report risk of harm to self or others, or suspected abuse of minors or vulnerable adults.

5. Appropriate Referrals

Be referred to a licensed mental health or medical professional when your needs fall outside the scope of coaching, such as in cases of clinical diagnosis, medical concerns, or psychiatric crisis.

6. Ethical Practice

Receive care from a coach who adheres to a professional code of ethics, maintains proper boundaries, and operates under ongoing supervision with a licensed mental health professional.

7. Spiritual Integration

Choose whether and how your personal faith and spiritual beliefs are integrated into the coaching process.

8. Autonomy and Empowerment

Set your own goals and make your own decisions while receiving support, encouragement, and evidence-based strategies to promote growth and well-being.

9. Supervised, Accountable Care

Be assured that your coach works in active consultation with a licensed mental

health professional to maintain quality, ethical, and client-centered care, whether in private practice or through an organization.

10. Feedback and Discontinuation

Provide feedback at any time and discontinue coaching without pressure or penalty.

11. Grievance Process

Report unethical conduct or violations of professional standards to the certifying body overseeing your coach's credential, such as the International Board of Christian Care (IBCC).

Important Notice

Professional Mental Health Coaches are not licensed counselors, therapists, psychologists, or medical providers. Coaching is not a substitute for clinical treatment, mental health diagnosis, or medical care.

Understanding the Roles in the Mental Health and Medical Care Continuum

Professional Mental Health Coaches

- **Role:** Trained, non-licensed professionals who help individuals build resilience, manage stress, navigate recovery, and apply faith-integrated coping strategies.
- **Scope:** Support for emotional wellness, trauma recovery, anxiety, addiction, and relational challenges when clinical diagnosis or therapy is not required.
- **Limitations:** Do not diagnose mental health conditions or prescribe medication. Refer to licensed professionals when clinical intervention is necessary.
- **Setting:** Provide services in private practice, church, or community settings. Coaching is fee-based and not eligible for insurance reimbursement.

Licensed Mental Health Professionals (LPCs, LCSWs, LMFTs, Psychologists)

- **Role:** Clinically trained and licensed to assess, diagnose, and treat mental health conditions.
- **Scope:** Provide therapy, trauma treatment, and clinical interventions for diagnosable mental disorders.

- **Limitations:** May be limited by insurance billing requirements or time-bound care models.
- **Setting:** Work in private practices, clinics, hospitals, or behavioral health organizations.

Medical Providers (Primary Care Physicians, Psychiatrists, Nurse Practitioners)

- **Role:** Licensed to evaluate physical and mental health, prescribe medication, and manage ongoing medical needs.
- **Scope:** Conduct assessments, prescribe psychiatric medications, and coordinate care with other providers.
- **Limitations:** Often limited in time for non-medical emotional support.
- **Setting:** Practice in hospitals, clinics, or integrated health systems.

Clients have the right to receive a copy of this Client Bill of Rights and the Role Explanation in the Mental Health and Medical Care Continuum at the start of the coaching relationship or upon request.