

Professional Mental Health Coaching Agreement

This Mental Health Coaching Agreement ("Agreement") is made and entered into on this ____ day of _____, _____, by and between the undersigned client ("Client") and the undersigned coach ("Coach"). The purpose of this Agreement is to establish the terms and conditions under which mental health coaching services will be provided.

1. Scope of Coaching Services

Mental health coaching is a strengths-based, goal-oriented process designed to support the Client in improving emotional well-being, developing effective coping strategies, and achieving personal and professional goals. Coaching is not a substitute for therapy, counseling, or medical treatment. Amanda Doyle is not a licensed mental health or medical professional and does not diagnose, treat, or provide clinical services. If at any point the Coach believes that clinical or medical support is needed, a referral may be recommended. The Client understands and agrees that they are responsible for seeking appropriate professional care when necessary.

2. Confidentiality & Limits

All coaching sessions are confidential. However, confidentiality may be breached under the following circumstances:

- If the Client expresses an intent to harm themselves or others.
- If there is suspected abuse or neglect of a minor, elderly person, or vulnerable adult.
- If required by law, court order, or subpoena.

The Coach will make reasonable efforts to discuss any necessary disclosure with the Client before breaking confidentiality when possible. Coaching is not a HIPAA-covered entity but will follow confidentiality standards consistent with professional ethical guidelines.

3. Coaching Relationship & Responsibilities

The Client understands that coaching is a *collaborative relationship* focused on achieving specific goals. The Coach agrees to provide support, guidance, and accountability in alignment with the Client's goals.

The Client agrees to:

- Actively participate in the coaching process.
- Be honest about their progress, struggles, and needs.
- Take full responsibility for their decisions and actions.

The Coach agrees to:

- Listen actively and provide professional coaching support.
- Offer strategies, accountability, and feedback tailored to the Client's goals.
- Refer the Client to additional resources or professionals when needed.

The Coach does not guarantee specific results or outcomes. The Coach reserves the right to refer the Client to another provider or discontinue coaching if ethical boundaries are violated or if the coaching relationship is no longer appropriate.

4. Coaching Fees & Payment Policy

- **Session Fee:** \$25 per session (duration: 60 minutes)
- **Payment Method:** ☐ Invoice by email ☐ Invoice by postal mail
- **Payment is due:** ☐ Before each session ☐ Monthly ☐ Other: _____
- **Late Payment Policy:** Payments not received within 15 days will incur a \$15 late fee.

Coaching services are not reimbursable by insurance and are not considered medical expenses for tax purposes.

5. Cancellation, Rescheduling & Refund Policy

- Sessions must be canceled or rescheduled at least 24 hours in advance to avoid a cancellation fee of \$25.
- No-shows or cancellations made with less than 24-hour notice will be charged in full.
- Refunds are not available for completed sessions.

6. Disclaimer & Limitation of Liability

The Client acknowledges that:

- The Coach is not a licensed therapist, psychologist, psychiatrist, or medical professional.
- Coaching services do not constitute medical, psychiatric, or psychological treatment.

- The Client agrees to indemnify and hold the Coach harmless from any claims, losses, or damages arising from participation in coaching services, including indirect or consequential damages.
- The Client acknowledges that communication via email, text, or video conferencing may carry confidentiality risks, and agrees to use these methods at their discretion. The Coach will take reasonable steps to ensure secure communication.

7. Termination of Agreement

Either party may terminate this Agreement at any time with written notice. The Client remains responsible for any outstanding fees due for sessions already conducted. If the Coach terminates the coaching relationship without cause, any prepaid but unused sessions will be refunded to the Client in full.

8. Governing Law & Dispute Resolution

This Agreement shall be governed by and construed in accordance with the laws of the state in which the Coach is located. Any disputes arising under this Agreement shall first be attempted to be resolved through mediation before pursuing formal legal action. Any legal proceedings shall be brought in the courts located in Butler County, PA unless otherwise agreed in writing.

9. Acknowledgment & Agreement

By signing below, the Client acknowledges that they have **read, understood, and agreed** to the terms of this Agreement. The Client understands the nature and limitations of coaching and enters into this Agreement willingly.

10. Client Access to Agreement

A copy of this signed agreement will be provided to the Client upon request and is available at the start of the coaching relationship.

Client Information

Client Name: _____ **Date:** _____

Client Signature: _____

Coach Information

Coach Name: _____ **Date:** _____

Coach Signature: _____