



Affinity Coaching Solutions

Client Informed Consent Agreement

Purpose of This Agreement

This agreement specifies the terms of the business and coaching relationship between Affinity Coaching Solutions (hereafter referred to as Practitioner or the practitioner) and

_____ (hereafter referred to as Client or the client).

Voluntary Consent to Participate

The Client voluntarily consents to participate in the coaching services provided by Practitioner. Methods used in this program may include: hypnosis, coaching, guided imagery, relaxation training, visualization, Neuro-Linguistic Programming, exercise guidance, and nutritional guidance. All such processes are hereafter referred to as “services.” The Client agrees to be an active participant in the program and shares responsibility for the process and results. The Client understands and agrees that the practitioner’s services will address only the mutually agreed upon and specified concerns. The Client agrees to inform the therapist of changes in his/her circumstances or medical status that may adversely affect his/her ability to participate fully in the program.

The Practitioner agrees to render ethical, competent services to the Client, to the best of his/her abilities and within the limits of his/her professional knowledge and training. However, the Client understands that the Practitioner’s services are not based on exact science and that the results can vary among individuals. The Client understands and agrees that there are NO GUARANTEES as to the results or outcomes. The Client remains ultimately responsible for his/her own decisions, actions, choices, and emotions, during and after participation in the program.

The Client understands and acknowledges that the services to be rendered may consist of a variety of processes and may incorporate questions, visualizations, pretending, writing or drawing, role-playing, breathing instructions, eye-movement instructions, take-home assignments, and physical movement. Procedures will be explained to the Client in advance and will be conducted only with the Client’s consent. The Client has the right to ask questions



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about any process and to discuss any concerns before, during, or following these processes. The Client has the right to refuse to participate in any process at any time. The Client has the right to accept or reject instructions, advice, interpretations, or suggestions made by the Practitioner at any time. The Client understands that the noncompliance with program instructions may reduce the probability of success.

Limits of Hypnotherapy/Clinical Hypnosis

The Client understands and acknowledges the following: hypnotherapy or clinical hypnosis, like any other form of psychotherapy or counseling, is not an exact science. Hypnotherapy/clinical hypnosis is not a panacea or a magical cure for any ailment or problem. A hypnotherapist has no unusual powers or abilities and merely attempts to communicate so as to facilitate the client's ability to think in a focused manner. The Practitioner makes no claims or guarantees as to the success of hypnotherapy/clinical hypnosis methods, whether the Client will experience trance, or the degree of the trance that the Client will experience. There are a number of methods for conducting hypnotherapy, and some methods may be more effective than others with any particular individual. Finding the most helpful method may be a trial-and-error process. Individuals vary as to suggestibility and hypnotizability, and results can be influenced by many factors including the client's personality, motivation, mood, and health.

Hypnotherapy can be relaxing, and some clients may fall asleep or think they have fallen asleep during the process. The Practitioner will, nevertheless, continue the hypnotherapy session, on the assumption that the Client will continue to hear and respond to suggestions and instructions, in the same way that a sleeping person at home will respond to unusual sounds at night. The Client acknowledges that he/she may or may not remember everything the Practitioner says during the hypnotherapy process.

Use of Audio Recordings

As a service to the Client, the Practitioner will make audio recordings of some program sessions, for the Client's possession and use, to reinforce hypnotic approaches to the Client's stated outcomes. Since such recordings include instruction for relaxation, the Client agrees not to play the recordings in a moving vehicle or when operating potentially dangerous equipment. The Client also agrees not to play or listen to the recordings when providing direct supervision to a small child or incapacitated adult. The Client agrees that he/she will not reproduce these audio recordings or use them for commercial purposes or financial gain. Audio recordings produced by Affinity Coaching Solutions are for the Client's personal use. If the Client allows others to listen to audio recordings produced by Affinity Coaching Solutions, Affinity Coaching Solutions is in no way responsible for outcomes or results, since Affinity Coaching Solutions has not entered into a service contract with any other user or listeners.



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Risk

The Client acknowledges that there may be slight risk associated with the Practitioner's services. During the process, the Client may experience some uncomfortable emotions or review some unpleasant memories. The Client may find his/her chosen outcomes difficult to implement. The Client acknowledges that making personal changes in behavior, thinking, and emotions through psychotherapy, counseling, and coaching sometimes requires learning by trial and error and that he/she may make mistakes or experience some confusion or setbacks in the process. The Client acknowledges and accepts these risks.

Confidentiality and Privacy

The Practitioner will not release any information to anyone without a written authorization from the client, except as provided by law.

Stipulations of Program Parameters

The Client understands that the services consist solely of the specific services for which the client has paid. Coaching sessions equal approximately one hour of face-to-face time with the Practitioner. The Client may also receive written material with the program. The fee for the entire program must be paid at the time of the first session and is not refundable. The Client may end participation at any time he/she chooses to do so, forfeiting remaining sessions and fees.

Referrals to Other Service Providers

If Affinity Coaching Solutions recommends that the Client seek the services of other service providers, the Client is at liberty to comply with or reject such recommendations. The Client will not hold Affinity Coaching Solutions accountable or liable for the conduct of those care providers to whom the Client is referred.

Clinical Record Keeping and Inspection

The Practitioner's written records will only be provided to the client via written request. Photo identification will be required. Records may be faxed, mailed, emailed, or retrieved in person per the client's request.

Insurance Coverage

All fees are due prior to services rendered. The Practitioner will provide receipts which detail the services offered, but bear no responsibility for the procurement of insurance coverage or payment or reimbursement on behalf of the Client.



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Cancellation Policy

In the event that a scheduled appointment for individual or group services must be changed or cancelled, at least 24 hours advance notice must be given by telephone, otherwise the cost for the appointment will be charged and/or counted as used in the case of prepaid sessions. As email, text-messaging, voicemail, and other forms of technological communication and not verifiable, please communicate cancellations via telephone. An email will be sent as proof that your cancellation notice has been received. Prepaid sessions not used in 90 days are assessed a \$25 maintenance fee per month until the balance reaches zero. There is a \$50 fee for all returned checks.

Signed Statement of Understanding and Consent

The Client's signature below indicates that he/she has read, understands, and accepts this agreement and enters into it freely. If any part of this contract is found to be invalid by a court of law or arbitration board, all other sections still apply and are valid. The Client has received a copy of this document.

Client Signature

Date

Affinity Coaching Solutions Representative

Date