***Gracia D. Blees, M.Ed.***

***Life Coach/ Marriage Coach***

**PROFESSIONAL DISCLOSURE STATEMENT**

**Information and Consent**

**Business Policy**

It is a privilege to serve you as your Life Coach/ Marriage Coach. This statement lists and describes the coach-client relationship.

I received a Master’s Degree in Counseling from Winthrop University in Rock Hill, South Carolina, in May 1996 and have been a professional counselor since that time. I attended Gordon Conwell Theological Seminary for additional course work between 1998 and 2010. My Bachelor of Science Degree was earned from the University of Minnesota, Minneapolis, MN in December 1973.

Licensed Marriage and Family Therapist, NC 1998 - 2018

Licensed Professional Counselor, SC #4218 since 1999

Trained in Eye Movement Desensitization and Reprocessing (EMDR) 2010

Trained by Drs. John and Julie Gottman in 2012: Level I: Bridging the couple Chasm.

I am a member of the following professional organizations: Clinical Member of the American Association of Marriage and Family Therapy, American Association of Christian Counselors from 1998 to present.

**COACHING SERVICES AND THEORETICAL APPROACHES**

Coaching is an intentional conversation that empowers a person to more fully live out his/her gifting and unique potential.

Changes that come about through the coaching process depend on your active involvement. Together we will explore possible changes in thoughts, feelings and behaviors. Expect to do work in and out of sessions, reading, writing exercises, and other projects. Change may be slow and deliberate, or it may be swift and easy. Occasionally, it is important to repeat certain efforts to achieve desired results.

While working together, we will consider the goals, methods, risks and benefits, costs and time commitments involved in your particular situation. We will evaluate your progress periodically and, when necessary, redefine your goals, methods and plan for growth.

Coaching may include issues that result from life events and transitions. Some of those issues might include grief/loss, separation/divorce, stress, anxiety, and challenges related to relationships and developmental growth. My approach to life situations is from a systems perspective taking into account a client’s personal and relational setting with an emphasis on the whole person including physical, emotional, intellectual and spiritual health.

**CONFIDENTIALITY**

I consider all information you share with me as confidential.

However, I will report: 1) When I have reason to believe that you intend to harm yourself or someone else. 2) I also report when a child or an elderly or disabled person has been or may be abused or neglected.

I do not testify in court or release confidential notes for legal purposes. In addition I will not participate in custody evaluations or hearings. **Please initial here\_\_\_\_\_\_\_\_\_\_\_\_ to acknowledge this.**

Because we may be using electronic communications during our sessions, you need to be aware (1) Electronic communication is not a 100% secure method of communication; (2) any electronic communication between us may be copied and held by various computers it passes through as it goes from the sender to the recipient or vice versa. If we are communicating via electronic means, we will assume until you explicitly state otherwise that electronic communications are acceptable. If you change your mind and find electronic communication for your coaching sessions unacceptable you may inform me at any time and we will work to find the very best solution for you.

**Agreement for electronic communication: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** (initials)

**LENGTH OF SESSIONS**

Sessions are approximately 50 – 60 minutes in duration. We will schedule varied lengths of sessions when we agree it would be greater benefit to the coaching process. If you are unable to keep an appointment please call to cancel or reschedule at least 24 hours in advance. Without such advance notice, you may be responsible for paying all or part of the session that was missed. Please note that, while it is impossible to guarantee any specific results we will work together to achieve the best possible outcome for you.

**FEES / PAYMENTS**

This is a fee for service relationship. In return for a fee of $120 per 50-60 minute session. (or an agreed upon amount), I agree to provide coaching services for you. Cash, personal checks or credit card are acceptable for payment at the conclusion of each session. You may request receipts of payments or copies of fees/payment records.

If you have any questions at all, feel free to ask.

Client Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

Client Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_