



Informed Consent for Remote Mental Health Coaching Services

1. Scope of Practice & Non-Clinical Disclaimer

- **Non-Therapeutic Services:** Coaching is an action-oriented, collaborative process focused on emotional resilience, stress management, personal growth, and well-being.
- **No Licensed Psychotherapy:** I hold a Master of Science degree in Clinical Psychology from an APA-accredited program. However, I am practicing exclusively as a Mental Health Coach, not as a licensed psychologist, counselor, or therapist in the State of Missouri.
- **No Clinical Diagnoses:** Our work will not include clinical assessments, diagnostic testing, or treatment plans for psychiatric disorders. I provide psychoeducation, help with goal setting and achievement, mindfulness training, accountability, healthy habit support, information on mental health resources, and accessing referrals/resources.
- **Self-Responsibility:** You retain full accountability for your life choices, emotional health, and actions taken during or after our sessions.

2. Virtual/Remote Service Delivery & Tech Protocols

- **Platform Security:** All sessions are conducted virtually using secure, confidential meetings via Zoom.
- **Tech Requirements:** You are responsible for securing a reliable internet connection and a private, quiet space to protect your own privacy during sessions.
- **Technical Disruption Plan:** If technology fails during a session, we will immediately attempt to reconnect. If reconnection fails within 5 minutes, our backup plan is to continue the session via telephone at [Insert Your Phone Number].

3. Out-of-State Practice Restrictions

- **Jurisdictional Boundary:** I operate my coaching practice from the State of Missouri.
- **Client Location Rule:** Because coaching regulations and legal definitions vary by jurisdiction, you agree to inform me immediately if your permanent residency or physical location during our sessions changes to outside of Missouri or your current state.

4. Confidentiality & Legal Disclosure Limits

Missouri does not require mandated reporting for mental health coaches, but this due diligence, for everyone, is supported by Missouri statutes. Information shared during coaching sessions is strictly confidential. Exceptions to this confidentiality, for your safety and for others' safety, include:

1. **Imminent Harm:** If you disclose a clear, serious intention to harm yourself or another specific individual.
2. **Abuse or Neglect:** If I have reasonable cause to suspect the abuse, neglect, or exploitation of a child, elderly person, or vulnerable adult.
3. **Legal Mandate:** If I am served with a legally binding court order or subpoena requiring the release of records.



5. Financial Terms & Payment Processing

- Session Details: Video sessions are 50 minutes long.
- Payment Processing: Payments are processed safely and securely through PayPal, Stripe, electronic check, bank check. The fee is \$75 per 1-on-1 session, \$175 per group session, payable online prior to the start of the appointment, or by invoice after the appointment.
- No Health Insurance: Because coaching is an unregulated, non-clinical service, it is not covered by health insurance. I do not provide diagnostic codes, medical receipts, or superbills for insurance reimbursement.

6. Flexible Cancellation vs. No-Show Policy

- Day-of Communication: I value open communication and understand that life happens. You may cancel or reschedule your appointment as late as the day of the scheduled appointment without penalty.
- No-Show Fee: If you fail to show up for your appointment without giving any prior notification (a "no-show"), you will be charged a flat \$25.00 no-show fee to your card on file.
- Late Arrival: If you arrive late to the Zoom call, the session will still conclude at the regularly scheduled time, and you will be billed for the full block.

7. Crisis & Emergency Protocol

- Not a Crisis Hotline: Remote mental health coaching is strictly scheduled and is not an emergency, crisis intervention, or 24/7 service.
- Emergency Action: If you experience an acute mental health crisis, severe suicidal ideation, or feel unsafe, you must immediately utilize the following resources:
 - Call or text the 988 Suicide & Crisis Lifeline
 - Call 911
 - Go to the nearest hospital emergency department

8. Voluntary Termination

- Freedom to End: You have the right to terminate coaching at any point.
- Coach-Initiated Termination: I reserve the right to end our professional relationship if coaching boundaries are violated, fees are unpaid, or if your needs exceed the scope of coaching and require a referral to a licensed clinical therapist or psychiatrist.

Client Acknowledgment & Consent

By typing your name and dating below, you confirm that you are an adult (18 years or older), have read this document in its entirety, and understand that you are participating in a coaching framework—not licensed medical or psychological therapy.

Client Printed Name: _____

Client Signature / Electronic Consent: _____

Date: ____ / ____ / _____