

∞ Jamie Brennan Coaching Services Policy Statement ∞

Jamie Brennan, M.A. - 720-233-7529 [www.JamieTherapyorCoaching.com](http://www.JamieTherapyorCoaching.com)

**Welcome**

I am appreciating the opportunity to get to work with you. This policy statement will give you some basic information about what to expect from our professional Coaching relationship.

**Degrees and Credentials**

I received my Master's Degree in Counseling Psychology from the University of Colorado at Denver in 2002 and my Bachelor of Arts Degree in Cultural Anthropology from Humboldt State University. I have trained in The Hendricks Conscious Living and Loving Coach approach which fosters rich intimate relationships, gratifying livelihood, inspired creative expression and overall flow in life through body-oriented and mindfulness practices to support thriving in all areas of one's life. I am committed to the continued learning of the Enneagram through online course-work and self-study to further support thriving in all areas of life.

Although I also work as a Therapist, because you are seeking Coaching from me and we both determined that Coaching is the appropriate approach at this time to creating the change you seek in your life, I will employ a Coach approach and not a Therapy approach. If you or I believe that you want or need psychotherapy, I will provide you with referrals to other Psychotherapists. As the profession of Coaching is not regulated, I will abide by the higher legal and professional standards set forth for Therapists in terms of confidentiality and the mandate to report. As such, I adhere to the confidentiality and mandate to report requirements stipulated for Therapists which are outlined below.

**Confidentiality**

I understand and respect your need for privacy. To prevent any unauthorized disclosure of any kind, all private communications in our Coaching work will remain private except in the exceptions listed below. Exceptions to confidentiality include when one is considered a danger to self or another; if there is a suspicion of child physical, sexual, emotional abuse or neglect, or elder abuse or neglect; if you are considered to be a danger to yourself or anyone else; If you provide a written consent to release information; If a court of law issues an order for a disclosure of information. I will identify these exceptions should the situation arise during our professional Coaching relationship.

There may be times when I may want to consult with a colleague or another Coaching Professional to optimize your growth and success opportunities. Your confidentiality is still protected during consultation. Signing this disclosure statement gives me permission to consult as described here to provide professional services to you.

If you agree to communicate via electronic communications such as text, email, telephone, or any other electronic method of communication I CANNOT guarantee that those communications will remain confidential. However, confidentiality does extend to those electronic communications. Please initial next to each electronic method of communication you consent to using:

\_\_\_\_\_ Cellular/mobile Phone.                      Does this include texting? \_\_\_\_  
\_\_\_\_\_ Unsecured email                                      \_\_\_\_\_ Other media. Please describe: \_\_\_\_\_

Further, we may use VSee or Zoom, an on-line audio/video conference call service for sessions when tight schedules or long distance prohibits in-person sessions. VSee and Zoom are specifically designed to support HIPAA compliance through various technological advances to information protection.

### **Emergencies**

Jamie Brennan Coaching Services does not work with individuals in need of mental health services or urgent support during or in-between sessions and is not equipped to provide emergency service of any kind.

Coaching is NOT Mental Health Therapy. Coaching is not an appropriate avenue for addressing mental illness, substance misuse/abuse issues, any kind of destabilizing crises or harmful patterns of behaviors.

In our Coaching work together, you agree to take full responsibility for your life and well-being, as well as the lives and well-being of your family and children (where applicable), and all decisions made during and after our work together. Jamie Brennan Coaching is responsible To the client, not For the client.

### **Fees and Late or Cancelled Appointments**

My standard fee for coaching for individuals is \$500 per month which includes four 50 minute sessions. When needed, in-between session contact by phone or email is available to champion your momentum, charged on a prorated basis of my 50-minute session fee of \$125.

Due to the nature of couples' work, couples' coaching sessions are typically 80 minutes long and \$225 per session.

Please know that Coaching is not a service payable by insurance.

Except in cases of rare emergencies, since my time has been scheduled specifically for you, if there is a cancellation without at least a 48 hour notice, you will be charged for the full fee of the visit. If you are more than 20 minutes late, I may leave unless you call to tell me you are on your way. In that case we will have the remainder of the hour that was originally scheduled for our session.

It is often a mutually transformative opportunity to discuss when and how our work together is not meeting your wants/needs so I invite you to address them immediately with me if/when they arise.

### **Homework**

I will often offer homework and reading assignments. I believe this is a fun and integral part of Coaching, both to maximize your progress and learning as well as to provide you with valuable information. Please always let me know if and when I assign homework that does not make sense or appeal to you. Together we can create a more meaningful homework experience. I often give out handouts and/or write out information about our session. Please keep a file for these and bring it to each of our sessions so that we can refer to them as needed.

### **Signature of Understanding and Agreement**

I have read and understand this statement of policy and agree to all contents. My signature below verifies my understanding and agreement, and as well authorizes Jamie Brennan Coaching to release the information necessary to submit to collections should there be unpaid outstanding balances.

---

Client Signature

Print Name

Date