

# Jessica Killebrew, Psy.D

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## - COACHING AGREEMENT & INFORMED CONSENT -

This Coaching Agreement constitutes an agreement between Jessica Killebrew, Psy.D. (hereafter referred to as “The Coach”) and \_\_\_\_\_(hereafter referred to as “The Client”).

**Services:** The services provided by Jessica Killebrew, Psy.D. include Coaching (in person or telehealth). The purpose of coaching is to develop and implement ways to aid you in reaching personally identified intentions that add to your overall life fulfillment including, but not limited to relationships, parenthood, career, and personal transformation. Coaching may address specific personal aims, life balance, career satisfaction, general life conditions, ways of relating in the world, parenthood, etc. Coaching utilizes the individual to catalyze personal change, values clarification, brainstorming, motivational counseling, and other counseling and consulting techniques. This is not therapy, there is no diagnosing or pathologizing. Coaching tends to lean into the present moment vs make meaning of the past. *It is preventative in nature.*

**Emergency Services:** *The services I offer do not include emergency services.* There is a boundary between coaching and clinical psychology. If you should have a crisis situation, it is more appropriate to contact your medical providers. If you become suicidal, or I am worried for your safety, even though a coach is not a mandated reporter, I may deem it necessary to call on local authorities such that they can conduct a wellness check. I will do what is necessary to keep you safe. However, this is NOT the role of a coach. To ensure safety of the client, if there is a previous diagnosis that merits a safety plan, coaching sessions cannot happen unless you have both a psychotherapist and a psychiatrist that you see regularly. Coaching is not a substitute psychotherapy. Thank you for understanding.

**Payment Procedure:** The Agreement between The Coach, Jessica Killebrew, Psy.D., and The Client, above-named, will begin on \_\_\_\_\_. The fee per hour is \_\_\_\_\_. This is payable in advance or at time of session, but not after. This can be paid via Venmo, Paypal or the Square Payment method attached to my website ([www.DrJessicaKillebrew.com](http://www.DrJessicaKillebrew.com)). I do not carry balances. This amount is determined by sliding scale and should be reevaluated when financial situations change, or yearly.

**Communication Standards:** Services requested by The Client such as urgent calls or emails, in addition to regularly scheduled coaching sessions, will be billed at the prorated hourly rate. Healthy email and texting boundaries are vital. It is The Coach’s responsibility to hold boundaries and communicate when additional billing is necessary.

Please note: The Coach does not offer emergency services as discussed above and has the right to decline additional correspondence outside sessions vs additional billing. It is imperative that as a professional, boundaries support good self-care and family life. I cannot encourage what I cannot uphold.

**Cancellations:** For individual Coaching clients, you must give twenty-four (24) hours notice to The Coach of cancellation. Preferably forty-eight (48) hours prior if you need to cancel or change the time of an appointment, otherwise you will be charged the full session fee. The Coach will make reasonable efforts to reschedule sessions that are cancelled. Please note, that finding a new time may take time, especially if carrying a full schedule.

**Termination:** Either party may terminate the coaching relationship for any reason (unlike psychotherapy) by providing the other party with a verbal or written notice, *with respect to the 24-hour cancellation policy.*

**Confidentiality/Limits:** It is The Coaches duty to protect the confidentiality of communications. However, please note, the same laws and regulations do not apply to coaching clients as with psychotherapy clients. There is not a board of regulations or licensing board. Therefore, confidentiality differs in a coaching relationship – and is conducted with a professional, ethical commitment to your confidentiality. Therefore, I agree to ONLY release information about our work/life/etc to others with your written permission from you, The Client. I no longer agree to maintain confidentiality if I feel safety issues are at risk. This includes protecting others from harm, including yourself which include the following situations: (1) If I have information that indicates that a child, elderly or disabled person is being abused, (2) If a client is an imminent risk to him/herself or(3) Makes threats of imminent violence against another person. These situations rarely occur in coaching practices, but if such a situation does occur, these situations are NON-NEGOTIABLE in terms of your confidentiality – despite the fact I am not a mandated reporter – I am an ethical coach and will conduct relationships with confidentiality in mind as well as safety.

Group Confidentiality - Some sessions are conducted in groups, including teleconference groups. You, The Client, agree to maintain the confidentiality of all information communicated to you by other coaching clients in particular. It is understandable that progress is often enhanced when clients discuss their coaching relationship with trusted colleagues and friends. You can have these discussions with trusted colleagues and friends, but you agree not to share any information that would allow others in the group to be identified.

**DISCLOSURE:** This is not psychotherapy. In addition to being a Coach, I am also a psychotherapist in the State of Colorado with training and experience in diagnosing and treating emotional and psychological problems. Although there are some similarities between Coaching and psychotherapy, I, as The Coach, will not conduct psychotherapy with my coaching clients - to the best of my ability. Coaching and psychotherapy are different modalities of counseling, and it is important that you as The Client understand the differences between them. Although both Coaching and psychotherapy utilize knowledge of human behavior, motivation, behavioral change, and interactive counseling techniques, there are major differences in the goals, focus, and level of professional responsibility and regulation.

This agreement is between The Coach, Jessica Killebrew, Psy.D. and The Client as signed below:

The Client \_\_\_\_\_ Date (month day year) \_\_\_\_\_

The Coach \_\_\_\_\_ Date (month day year) \_\_\_\_\_

**CLIENT INFORMATION:**

**Address:**

**Phone:**

**Email:**

**Best Times to have Sessions:**

**IF DEEMED NECESSARY BY THE COACH (safety concerns, previous diagnosis, etc):**

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**Psychotherapist/Psychologist:**

**Psychiatrist/Prescribing Clinician:**

**ROIs/Release of Information:**