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Life Coaching Client Consent & Information Form

Welcome

I am Dr. Randy Lewis, LMFT, a Marriage and Family Therapist licensed in the states of Florida and North Carolina.

In my clinical role, I specialize in working with individuals and couples to help them overcome obstacles that prevent them from being the best version of themselves and to help them be the happiest they can be in their relationships.

If you are a client new to coaching, or a current therapy client transitioning from Psychotherapy to Life Coaching, please review the following information, sign and date, and return to me before your first session.

Please do not hesitate to ask questions regarding the following information; I am happy to answer any questions you may have.

Randy Lewis
Dr. Randy Lewis, LMFT
Life Coach

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What is Life Coaching and how is it different from Counseling?

Life coaches help the clients they work with focus on identifying and moving towards personal and, at times, professional goals. Through focused coaching support, clients can learn healthy and helpful ways of navigating through challenges in creating a life they feel excited about.

It may be interesting to learn that life coaching is rooted in clinical theory, often drawing on the work of Dr. Carl Rogers, Dr. Alfred Adler, and Dr. Carl Jung.

Rogers, Adler and Jung saw individuals as fully capable artists of their lives, and frequently involved their clients in goal setting and life planning. These are all tenets and approaches in today's life coaching methods.

Coaching takes the best of those approaches, along with a new type of assistance for clients, such as:

- Working with the client to help them define life dreams and goals
- Formulating a plan that will foster and grow the client's skills and talents
- Helping the client navigate difficult challenges in reaching their goals
- Teaching tools and providing materials to assist the client
- Helping the client with focus and accountability
- Providing structure, encouragement and support
- Providing intentional and empathetic listening

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Is a Life Coach the same as a Therapist?

Experienced coaches have similar qualities to counselors, in that coaches listen, observe, encourage and customize their approach to individual client needs.

However, there differences between coaches and therapists. For example, a life coach partners up with the people they work with to help the client improve and enhance the quality of their lives in helping the client move forward. Coaches do not analyze the past.

A therapist works with and counsels a client dealing with emotional challenges, mental illness, trauma, grief and loss, and relationship issues. A therapist often draws on the client's past history in order to help the client heal. This also improves the quality of the client's life.

Additionally, a life coach works actively with the client in order to create solutions and strategies; they believe the client is naturally creative and resourceful. Often times, the coach's role is to provide support so that the client can further develop their inherent skills, confidence and creativity.

Similar to therapists, life coaches support their coaching clients via in person or phone session in order to help the client create their best personal and professional life.

Through specific strategies and skills, the coach helps you define your goals and create the life you envision. Coaches help you focus, provide direction, compassionately challenge you, motivate you and celebrate with you.

What happens if I need a Therapist vs. a Life Coach?

If after our first session, or at some point during our coaching work together, it is apparent that you would be better supported by Psychotherapy, and you are not located in Florida and North Carolina (the states I am licensed in as a Marriage and Family Therapist), I will do my best to provide you with clinical referrals in your area, and will refer you out to a therapist.

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If you are located in the State of Florida or North Carolina and would prefer to work with me in my Psychotherapists' role, we can discuss this and, as long as it best supports what you hope to achieve in counseling, and falls under my scope of practice, I may provide therapeutic support for you.

In my coaching role, it is important to understand that while I may draw on particular aspects from both disciplines from time-to-time, such as intentional listening, affirming, encouraging, reflecting, and supporting with empathy, I do not work in both roles at the same time with clients. This would be considered operating in a "dual role." Providing counseling and coaching at the same time is not something that clinical therapists engage in, nor should a life coach without clinical training and licensing provide psychotherapy to coaching clients.

Though I am a Licensed Therapist, and though Life Coaching has aspects that are similar to counseling, should we work together, it is important for you to understand that my role and work as a Life Coach is separate from my role as a Psychotherapist.

If you feel that Life Coaching would be of support, you are welcome to schedule a session. You can do that directly with me at Randy.Lewis@signpostrsi.com, or via my coaching calendar located at www.signpostrsi.com and select the Life Coaching option.

Please read the following information and initial, sign and date the signature page (last page), and return all pages to me before your first Life Coaching session.

Please ask any questions you have prior to signing:

I understand that Dr. Randy Lewis, LMFT will be providing me with Life Coaching support and not Clinical Psychotherapy. Initial Here _____

I understand that Dr. Randy Lewis, LMFT will not be acting as my Psychotherapist, nor will he be working with me as a Licensed Marriage and Family Therapist.
Initial Here_____

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I agree to inform Dr. Randy Lewis, LMFT if I would like to transition to Psychotherapy at any point in our coaching work together. Initial Here _____

I understand that should I request a transition in working with Dr. Randy Lewis, LMFT as a Psychotherapist, that Dr. Randy Lewis, LMFT does not provide clinical services outside of the states of Florida and North Carolina where he is licensed. Initial Here _____

I understand that Dr. Randy Lewis, LMFT may refer me out to therapy if he believes I would be better supported by a different mode of counseling service, or different level of clinical support. Initial Here _____
I understand that email, texting and phone cannot be guaranteed as confidential, and by contacting, sending or receiving forms or information via phone or Internet is done at my discretion and I will assume the risk involved. Initial Here_____

I understand that while I will be working with Dr. Randy Lewis, LMFT as a Life Coach, because of the license that he holds, Dr. Randy Lewis, LMFT is a mandated to report the following:

1. Suicidal Ideation or threats to harm oneself
2. Homicidal Ideation or threats to harm someone else
3. Child abuse (sexual, physical, emotional, verbal or neglect)
4. Elder abuse (sexual, financial, physical, emotional, verbal or neglect)
5. Dependent Person abuse (sexual, financial, physical, emotional, verbal or neglect)
6. Downloading or distributing, or filming, texting or sharing child pornography, sex with minors (a minor is a child under the age of 18)

I understand that Dr. Randy Lewis, LMFT provides life-coaching sessions via secure video and/or telephone and it is my responsibility to keep track of my sessions and call in on the scheduled day and time of my session. Initial Here: _____

I agree to the life coaching session fee of $180 per 50-minute session and understand that the fee is due and payable on the day of my coaching session. Initial Here: _____

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I agree to honor my sessions and understand that the cancellation policy is 24 hours in advance of my session or the full fee is due. Initial Here _____

I agree to honor contact boundaries out of my life coaching sessions, and will not abuse email, texting or calling outside of our coaching work, unless it has been scheduled, as the relationship is professional in nature. Initial Here_____

I agree to assume any risk and liability as the result of my life coaching work with Dr. Randy Lewis, LMFT, and my signature below confirms that I am working with himr at my own request, and that I clearly understand the difference between life coaching and Psychotherapy services. Initial Here _____

I understand that I am free to terminate coaching services at any time, or request a transition to Psychotherapy, or a referral to a Psychotherapist. I understand Dr. Randy Lewis, LMFT is a mandated reporter. Initial Here _____

I understand that my choices as the result of working with Dr. Randy Lewis, LMFT, and the consequences of my choices, positive or negative, are mine alone, and that I will not legally hold Dr. Randy Lewis, LMFT personally or professionally responsible for my coaching outcome and choices, nor will I hold Sign Post Relationship Solutions, Inc. or any other person, organization, structure, assets, or affiliates associated personally or professionally with Dr. Randy Lewis, LMFT, legally or financially liable for the results of my work with Dr. Randy Lewis, LMFT.

I have had all of my questions asked and answered clearly:

Name (print): _____

Signature: _____Date: ____/_____/_____