

Theresa Waller  
Energetic Support Practitioner  
Martha Beck Certified Life Coach  
[trustingyourbody@gmail.com](mailto:trustingyourbody@gmail.com)

Fax: 949-861-6180

Office: 949-791-7180

### BASIC INFORMATION AND COACHING AGREEMENT

Client Instructions: Please read, fill out and sign these forms. If there is anything you don't understand, please let me know. E-mail me with your questions before faxing the forms back. I am happy to answer any questions you may have! 

Name:

Address:

City: , State:

Zip Code: , Country:

Time Zone:

Home phone:                      Cell Phone:

Which Phone # Do You Prefer To Be Called On For Our Appt.'s? \_\_\_\_\_

(Home? Cell?)

Date of birth:                      Marital/relationship status:

Children and ages, if applicable:

Emergency contact (name, address, phone):

Are you presently seeing a psychotherapist or psychiatrist? If so, please explain the nature of the issue that you are being seen for:

Psychoactive medications, if applicable:

Primary reason you are seeking coaching (your area of least satisfaction...where are you stuck?):

## COACHING AGREEMENT

I understand that coaching is a potentially powerful alliance designed to help me, as the Client, achieve specific, identified goals. Coaching may address specific personal, career, business or relationship issues or goals, for example, and/or general conditions in my life, career, or business. I understand that Coaching services may include values clarification, brainstorming, examining modes of operating in life, identifying plans of action, and intentions and the sharing of educational information, the asking of clarifying questions and the making of empowering decisions.

I understand that coaching is not advice-giving, psychotherapy or counseling. I understand that CCT does not work like magic. I have read and understand the attached explanation entitled, "The Differences Between A Life Coach And A Psychotherapist." As a Client, I understand and agree that I am fully responsible for my well being during, after and between my coaching appointments. I am responsible for any and all choices and decisions I make. I will keep my Coach informed as to my well-being during our coaching relationship.

I am aware that I may choose to discontinue my coaching at any time, and payment for any unused sessions will be promptly refunded to me upon request. If I need to cancel or reschedule an appointment, I agree to do so at least one business day (24 hours), before my appointment time, by email to the above email address. If I fail to give advance notice of cancellation, or if I miss an appointment, I understand that I am responsible for payment for that appointment.

I understand that Theresa is a non-practicing Registered Nurse, and does not give medical advice of any kind, at any time. If I wish to receive medical advice, I will seek it with a medical professional of my choosing.

I understand that Theresa will keep everything I tell her, and my personal information and records strictly confidential, unless she is required to do otherwise by law. Exceptions to confidentiality include information about (1) intent to seriously harm an individual, (2) child abuse or (3) elder abuse. From time to time, I understand that she may share information that arises during our sessions with other coaches for training and feedback purposes; however my identity, along with any other identifying information, will always remain strictly confidential.

I understand and agree to the information outlined here. I understand that by returning this agreement to Theresa with my personal information included, I am agreeing that I fully understand it, and that I agree to it. I have had an ample opportunity to ask questions and they have been fully answered.

Upon return of this form to Theresa, she also agrees to be fully bound by it.

I understand that there are many invaluable interventions for challenging states such as clinical depression, active substance abuse, and other significant debilitating psychological difficulties, of which **personal coaching and receiving energetic support are only two interventions**. I understand that individuals experiencing these kinds of problems should also seek help from qualified, professional psychotherapists and/or treatment programs as well as the multiple avenues of support that exist nowadays. I understand that, "It takes a village," is an applicable saying for everyone seeking personal growth and transformation. I understand that **it is my job to cultivate and grow my village of support** in my life. I understand that although I am certainly not responsible for all of the challenging events that have occurred in my life, **I am** ultimately responsible for **my response** to those events. I understand that this is true for everyone.

---

Client signature

---

Date

## The Differences Between A Life Coach And A Psychotherapist

There are some similarities between coaching and psychotherapy, but they are different activities, and it is important that you understand the differences between them. Although both coaching and psychotherapy use knowledge of human behavior, motivation, behavioral change and interactive counseling techniques, there are major differences in the goals, focus, and level of professional responsibility.

A life coach may have a business license in the city that they reside, but that is simply for tax purposes. A fee is paid to the city and a business license is issued. There are no official licensing entities or regulators governing the profession of life coaching. The International Coaching Federation (ICF) is a body in the coaching community that has stepped forward to give life coaching a unified voice. It does not, however, speak for all life coaches nor is there any regulation that states a life coach must join the ICF. Coaching is a business relationship within which the client hires the coach to provide a service. Payment is made in advance, and coaching is not (nor should it be) covered by any health insurance policies. Coaching is designed to give focus, structure, and support to the client in achieving life and career goals.

Psychotherapy is a health care service provided for the purpose of alleviating emotional distress and unhealthy patterns of behavior. It usually involves a diagnosis and treatment of the patient's acute or chronic mental health disorder(s) as determined by the psychotherapist. The psychotherapist is a health care service provider who has a responsibility for the welfare of patients who are in a state of chronic or acute distress, and may be vulnerable and in emotional pain. Treatment is covered by health insurance, and is often provided in cooperation with medical practitioners. A psychotherapist has a mental health license which is regulated by a government agency in the state that they live in. There is testing required to obtain a psychotherapy license and codes of professional conduct that a psychotherapist must follow. Ideally a life coach participates in training and earns certification; however, there is no uniform way of doing this.

The differences between life coaching and psychotherapy can be summed up by looking at the difference between a personal trainer and a doctor. A well person employs the services of a personal trainer to help them enhance their fitness level and meet their individualized fitness goals. A sick person goes to the doctor to get diagnosed and treated in order to become well again. In this same sense, a life coach is helping a well person achieve higher levels of personal satisfaction in their life while the aim of psychotherapist is to bring the client back up to normal functioning.

There are many invaluable interventions for clinical depression, active substance abuse, and other significant debilitating psychological difficulties, of which personal coaching is just one of them. Individuals experiencing these kinds of problems should seek help from qualified, professional psychotherapists and/or treatment programs as well as the multiple avenues of support that exist nowadays. "It takes a village," is an applicable saying for everyone seeking growth and transformation. Gather your village. Although we may not be responsible for some of the challenging events that occur in our lives, we **are** ultimately responsible for our response to those events.