

Parent Coaching Agreement

Jennifer McMillan LLC.

MS, LMFT, LMHP

Coaching vs. Psychotherapy

Parent coaching aims to increase positive family connection, confidence and communication. This is done by looking at the present and focusing our time on creating change for the future.

Therapy is a mental health service that involves diagnosing, looking at historical root issues and treating emotional and psychological challenges. Coaching does not include psychotherapy and if necessary, we will determine together if therapy is needed.

Coaching Commitment

The coaching relationship is a professional relationship that does not extend beyond professional boundaries either during or after our work together.

As a coach, my job is to help you build on the parenting strengths you already possess and help you make changes when necessary. We will spend time uncovering the gifts of parenting and quiet that inner parenting critic.

Payment Procedures

Payment is collected at the time of the appointment. Each session is \$140. Cash or check are preferred (Credit cards are accepted with an additional fee).

Cancellations and Rescheduling:

Cancellations/rescheduling are necessary at times. I ask that you please give 24 hours notice for cancellations/rescheduling.

If you are unable to give 24 hours notice, you will be charged for the full appointment (\$140).

Confidentiality and Privacy:

I follow all HIPPA requirements and will not share any information without written consent.

By participating in a coaching session, you agree to the following:

I agree to all the terms and conditions above and am committed to being intentional about improving my parenting narrative and relationships with my family members.

I understand that parent coaching does not involve the diagnosis or treatment of mental health disorders and that coaching is not a substitute for therapy.

Client Signature

Date

PROFESSIONAL DISCLOSURE STATEMENT

Credentials and Licenses:

- Masters Degree in Marriage and Family Therapy (MS) from Seattle Pacific University Licensed Marriage and Family Therapist since 2001
Washington State License number LF 00001870

- Licensed Mental Health Practitioner since 2000
Washington State License number LH 00005659

My signature indicates that I have read and that I understand the information contained in this form.

Client

Date

Therapist

Date