

**All interactions with your health coach are considered confidential.**

Verbal information and written records will not be shared with another party without written consent from the client or a minor client's legal guardian. **There are legal exceptions to this confidentiality:**

**Abuse of Children or Dependent Adults**

If a client indicates knowledge of abuse or neglect of a minor or that there is abuse of a dependent/vulnerable adult, a health professional is required by law to report this information to the appropriate social service and/or legal authorities.

**Duty to Warn and Protect**

When a client discloses intentions or a plan to severely harm another person, the health professional **may warn** the intended victim and report this information to legal authorities. In cases where the client indicates a plan for suicide, the health care professional may make reasonable attempts to notify client's support system and/or legal or medical authorities.

**Prenatal Exposure to Controlled Substances**

When a health professional has knowledge of prenatal drug abuse, this may be reported to the appropriate social service. Initials indicate understanding of the limits of Confidentiality. \_\_\_\_\_

**Cancellations and No Shows**

If you do not cancel a scheduled appointment, this time is taken away unnecessarily from another client. When you have not cancelled your session at least 24 hours in advance you will be billed the entire cost of your missed session. Initials agree with late cancel/no show policy. \_\_\_\_\_

**Online Sessions**

Due to the nature of internet use, confidentiality is less guaranteed than when meeting in person. Your health coach's priority is to keep all interactions private. Hacking and other illegal activities can occur with online communication. If third parties access information about me, I will not hold my therapist responsible. I am freely giving my consent for online therapy without undue influence. \_\_\_\_\_

I understand that if a problem arises from an online or phone session, I will not receive support from a state licensing board, our relationship is that of Health Coach/client, as certified under the American Council on Exercise. \_\_\_\_\_

In the event of technical difficulties, online sessions can be resumed via telephone by calling 512.814.6580

It is recommended that clients who are exclusively seen online, have a local therapist available in the event that a higher level of care is indicated. Please fill out a Release of Information for a referring therapist if you have one, or request a referral. Initial agreement \_\_\_\_\_

It is expected that online clients agree to No Distracted Therapy. Please do not do other things while engaging in our session, as your full focus is important to your growth. This includes use of substances and devices.

*Please note that recognized standards do not yet exist for the risks and benefits of health coaching. This process can sometimes be uncomfortable, un-enjoyable, and/or emotionally difficult.*

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Client's Printed Name

Signature

Date

