



FREE TO FEEL THERAPEUTIC SERVICES, PLLC

PARENT COACHING AND CONSULTATION CONSENT

Parent coaching and consultation is a service provided by Free to Feel Therapeutic Services, PLLC, for parents and caregivers of all ages. The goal of this service is to support parents in deepening their awareness of factors that may be influencing child behavior, relationships, and functioning.

SCOPE AND SERVICE CLARIFICATION

Parent coaching and consultation is NOT a therapy service and does not make diagnostic assertions. It is not designed to treat mental health disorders or conditions.

Parent coaching and consultation is a time limited service not to exceed 3 hours of total service delivery time unless extenuating conditions are present and documented. If additional service is necessary, it is likely that a therapeutic service such as family therapy would be more appropriate. Referrals will be made at that time if requested.

Parent coaching and consultation is not designed to give therapeutic advice but to support a parent in better understanding child development, the impact of stressors, and the way in which various parenting practices may support or detract from the parent/child relationship and child/family functioning. This service is not designed to assess or address specific family/child dynamics but offers general support around parenting best practices, trauma informed parenting, and developmental knowledge. If more intensive and child-specific support is desired, family therapy services are more appropriate. Family therapy services are designed to address specific family concerns and include a tailored and ongoing treatment plan. No specific and tailored treatment of any condition or concern is provided within parent coaching and consultation.

Goals for this service are to increase:

- 1) Increase parent/caregiver awareness of the way in which developmental stress impacts behaviors and caregiver relationships.
- 2) Increase understanding of parent best practices and resources available to further support parent practices.
- 3) Increase parent/caregiver's ability to view behavior as communication and think critically about what own and other's behavior is seeking to and actually communicating.

Information discussed and given is designed to be used as informative. The service provider does not provide specific behavioral plans or recommendations to follow. Information provided

is designed to be used for deepening parental/caregiver understanding and supporting the parent/caregiver in creating their own meaningful approach to parenting.

SERVICE DELIVERY

Parent coaching and consultation services can be conducted remotely via virtual platform or in-person. Sessions conducted virtually will be done using a secure and encrypted platform. Clients who opt for virtual coaching and consultation agree to the terms, conditions, and risks of using a virtual platform.

RECORDS AND PRIVACY

As this service is not a therapeutic service, it is not protected under the same laws and provisions as a healthcare service. Records of each session are maintained by the service provider but are not available for review or record request. Record will include NOT include specific information about individuals or families. Records will include:

- 1) A summary of the coaching/consultation given including date, time, delivery method, and persons present.
- 2) Parenting best practices discussed.
- 3) Resources or referrals provided.

Records will only be provided to outside individuals or agencies with a court order or subpoena.

Your privacy is very important, and no information will be shared with other individuals regarding your participation in parent coaching and consultation. Additionally, no specific information regarding other service participants (within parent coaching and consultation or therapeutic services) will be discussed.

PRIVACY EXCEPTIONS

While this is not considered to be a mental health therapy service, the service provider is still considered to be a Mental Health Professional and functions under all appropriate laws. As such, the service provider is a mandated reporter and will breach stated confidentiality as required under the law if it is believed appropriate. This includes but is not limited to reporting significant threats to self or others or potential abuse/neglect of children or vulnerable adults.

COST AND FEES

Parent coaching and consultation is not a healthcare service and is not able to be billed to insurance. Healthcare Savings Account (HSA) and Flexible Spending Account (FSA) dollars are NOT permissible to be used for payment. Recipients of this service are NOT able to submit claims with their insurance for reimbursement or application toward deductibles.

Payment for services is due IN FULL at the time of the service. Payments can be made via credit card, personal check, or cash.

Current rates for services are:

- 30-minute virtual coaching/consultation - \$75
- 60-minute virtual coaching/consultation - \$125

Rates for in-person services are available upon request. Services are not conducted in-home.

CONSENT SIGNATURE

By signing this document, I agree to the above terms, policies, and understanding. I understand the scope and limitations of the service and consent to receive parent coaching and consultation.

CLIENT SIGNATURE

DATE