Agape Counseling Services, LLC

STATEMENT OF INTENT FOR COACHING

Counseling /therapy is different in nature than "coaching". Some issues do not necessarily require the depth or diagnostic assessment that is involved in counseling. Life coaching relies on the belief that there are numerous skills that can be learned by the client in order to impact their lives for the better.

All coaching services, educational methods, and resources delivered by Darcy Bracamonte are meant to challenge, uplift, and support you psychologically. However, coaching is not psychotherapy. If you feel psychologically stressed to the point that it is interfering with your ability to function, please have the courage to seek the help you need in the form of a behavioral health counselor. We can refer you to a (LPC) Licensed Professional Counselor, should you request that. Life coaching may augment your therapy, but the work of coaching is meant to be done when major emotional and psychological wounds are already healing or healed.

Please read the following and sign below should you agree to each statement and wish to proceed:

• I understand that the life coaching services I will be receiving from Darcy Bracamonte are not offered as a substitute for mental health care. I also understand that my coach, Darcy Bracamonte, is not acting as a psychotherapist, and does not purport to offer mental health care.

• I understand that my coach will maintain the confidentiality of our communications only to the extent defined by the laws of the state.

• I understand and agree that I am fully responsible for my well- being during my coaching calls, and subsequently, including my choices and decisions.

• I understand that all comments and ideas offered by my coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and hereby give such consent to my coach to assist me in achieving such goals.

• I hereby release, waive, acquit and forever discharge Darcy Bracamonte and Agape Counseling Services, LLC, their agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of actions, omissions, or commissions taken by myself as a result of the advice given or otherwise resulting from the coaching relationship contemplated hereunder. I further declare and represent that no promise, inducement or agreement not herein expressed has been made to me to enter into this release. The release made pursuant to this paragraph shall bind my heirs, executors, personal representatives, successors, assigns, and agents. I have read the statements above and I understand and agree with the points contained therein:

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Client Signature Date