***Mental Edge Jan 18th, 2018***

**Rick Hadwick, M.S.**

**Mental Skills Coaching: Client Consent Form Performance Enhancement**

Mental skills coaching can take a variety of forms, depending on the personality of the athlete and their goals for consultation. Coaching can often focus on mental skills training itself, performance-relevant personality characteristics, personal growth, athletic career counseling, or any combination of these performance related factors.

Mental skills training calls for a very active effort on your part. To be successful you will have to commit to addressing your concerns during your consultations, while training, while competing, and in your everyday life. Applying the concepts and skills discussed ‘in-session,’ to the ‘outside world,’ is essential for related improvement with performance and / or general well-being.

Mental skills training can have risks and benefits. Because sessions may focus upon aspects of your performance (and your life) that are not going well, you may experience uncomfortable feelings like sadness, anger, frustration, helplessness, etc. You may also start to question your commitment and your desire to remain involved in your sport. On the other hand, mental skills training can help to improve performance, provide solutions to difficult situations, and reduce stress. It can also lead to renewed enjoyment and commitment to your sport. There is no way to predict with absolute certainty what your experience will be. In addition, there is no guarantee that your sport performance or your general well-being will improve as a result of seeking mental skills coaching.

During your first session, I will gather information about your background and your current situation to determine if I can provide you with the type of help you are seeking. In subsequent sessions we will identify and address your primary concerns. The required number of sessions will depend upon the nature of your circumstances and the type of help you are seeking. We can discuss different billing packages for these services. If you require assistance beyond the scope of what I can effectively provide, I will work to provide you with referrals for appropriate professionals.

**How is Mental Skills Coaching Different from Therapy?**

My professional responsibilities to you will be as your “mental skills coach” or “performance enhancement consultant.”

While this industry uses terms like “sports psychology,” it is important to understand that I will not be your psychologist or therapist or provide you with any type of mental or physical health care. I do not provide therapy. If at any time it becomes apparent that you might benefit from therapy, you may wish to engage a licensed therapist.

**Your Rights and Responsibilities**

By seeking the assistance of a performance enhancement consultant you are engaging in a contractual agreement. By signing below, you acknowledge that you have read, understood, and consent to the following policies and procedures:

**Informed and Voluntary Consent**

Engaging in mental skills coaching is a voluntary process. While packaged billing may give incentive for clients to remain disciplined with their mental skills training, you may refuse service at any time for any reason. You are under no obligation to discuss your reasons for termination. Nevertheless, I am available to discuss the pros and cons of alternative options (including no action) for addressing your presenting concerns.

I am obligated to describe the nature and effectiveness of any service provided to you.

**Confidentiality**

*General*

Our mental skills coaching relationship will not have the same legal protections as we would have in a therapy relationship. For example, federal and state laws protecting the privacy of mental or physical health information and the privilege of psychotherapy communications do not extend to our mental skills coaching relationship.

However, it is my practice to apply similar standards to my mental skills coaching, and to protect the confidentiality of our communications. I will only release information about our work to others with your permission or in response to a court order or other law. There are some situations in which I must breach confidentiality in order to protect you or others from harm. If I have information that indicates that a child or elderly or disabled person is being abused, I must report that to the appropriate state agency. If a client is an imminent risk to him/herself or makes threats of imminent violence against another, I will take protective actions. These situations are quite rare in mental skills coaching. If such a situation occurs in our relationship, I will make every effort to discuss it with you before taking any action.

Parents and guardians have the right to access information regarding their minor’s mental skills coaching at any time. That said, however, I strongly encourage parents to trust that I will share any concerns that I have regarding their child or his/her behavior when it clearly jeopardizes that child’s safety. If and when there is communication with parents, I will make efforts to have the child be aware of the communication. This policy is to ensure a trusting relationship with the child.

*Electronic Mail*

I primarily use e-mail for scheduling and cancelation of appointments, but possible additional use of e-mail may be discussed, for contexts such as convenient communication during travel to athletic events. These communications would be billed at a pro-rated rate. It should be noted that it is impossible to guarantee total confidentiality of information that is transmitted electronically. Further, in urgent situations I cannot guarantee that e-mail messages will be read within an appropriate period of time. If you have a need to communicate about more urgent matters, please speak with me directly or via telephone.

*Faxing of Confidential Information*

When requested by you, I may fax confidential information to other professionals. When faxing confidential information, I will complete a cover sheet that states that the information contained in the fax is confidential, attempt to fax the document at a time when it will be immediately retrieved by the recipient, and request confirmation from the recipient that the fax was received.

**Scheduling, Fees, and Cancellation Policy**

As a general rule, consultation sessions last up to one hour. This consists of 50 minutes of direct contact, followed by 10 minutes of documentation (i.e., note-taking). Though, the first intake session is approximately one hour and a half.

Please contact me if you will be late or if you need to cancel or reschedule your appointment. You will not be charged if you cancel with at least one week notice. If you must cancel within a week, but more than 24 hours before an appointment, you may schedule an alternative time for that week. You will not be charged for appointments missed due to unforeseen or urgent medical situations.

A brief informational session may be available for free, upon request, prior to the first session.

The first session is an Intake Session. No fee. It includes a Myers Briggs report that is based on your personality type, which we will review together. This report will be provided to the client via e-mail, or at the second or third session. Other assessment(s) may also be used.

Subsequent to the first session, the standard fee for one standard session is $125. A Performance Package of ten sessions includes a 10% discount.

The standard fee for an Observation Session: observing approximately 50 minutes of a practice or game, is $95. This service is available to ongoing local clients. Performance package includes receive three observations at no extra cost.

Please note that this fee schedule may be adjusted at anytime. Clients may elect to use Paypal, or to pay by check or cash.

Authorization

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(print name) hereby acknowledge that I have read and understood the material presented above. I thereby consent to participate in mental skills coaching consultation(s) with Rick Hadwick, M.S.

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Client Signature Date  
***Note:*** *I want to provide you with ample time to read and understand this agreement before you are bound to it. Therefore, you may revoke your signature and this agreement will be cancelled, provided that you give me* ***written notice of revocation*** *on our before our next scheduled meeting.*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Parent or Guardian Signature (if applicable)  
***Note:*** *I want to provide you with ample time to read and understand this agreement before you are bound to it. Therefore, you may revoke your signature and this agreement will be cancelled, provided that you give me* ***written notice of revocation*** *on our before our next scheduled meeting.*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mental Skills Coach Signature

Client’s contact information\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Street address

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City State Zip Code E-mail

*Initial Below:*

Do I have your permission to write you at your address?  
Do I have your permission to leave a phone message for you?  
Do I have your permission to email you?  
Do you want to receive automated appointment reminders?\*  
*\*If yes, reminders by e-mail or text?\_\_\_\_ If text reminders, what phone carrier company do you use?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*