



# Welsh Counseling & Coaching Inc.

**P.O. Box 8151**

**Evanston, Illinois 60204**

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## **Coaching Contract**

Welcome to my coaching practice. This document constitutes a contract between us (the "AGREEMENT") and you should read it carefully and raise any questions and concerns that you have before you sign it.

The services to be provided by Dr. Matthew Welsh are coaching or tele-coaching as designed jointly with the client. The fee for the coaching sessions will be charged at the rate of \$100.00 per hour. Fees for coaching sessions must be paid within 48 hours of each coaching session. You are required to give at least 24 hours notice if you need to cancel or change the time of an appointment.

### **Coaching & Psychotherapy**

In addition to being a coach, I am also a licensed psychologist in Illinois and Kansas with training and experience in diagnosing and treating emotional problems and mental disorders. While there are some similarities between coaching and psychotherapy, they are different activities and it is important that you understand the differences between them. Psychotherapy is a health care service and is usually reimbursable through health insurance policies. This is not true for coaching. Both coaching and psychotherapy utilize knowledge of human behavior, motivation and behavioral change, and interactive counseling techniques. The major differences are in the goals, focus, and level of professional responsibility.

The focus of coaching is development and implementation of strategies to reach client-identified goals of enhanced performance and personal satisfaction. Coaching may address specific personal projects, life balance, life purpose, job performance and satisfaction, or general conditions in the client's life, relationships, business, or profession. Coaching utilizes personal strategic planning, values clarification, brainstorming, motivational counseling, and other counseling techniques. The client sets the agenda and the success of the enterprise depends on the client's willingness to take risks and try new approaches. The relationship is designed to be more direct, challenging, and collaborative. You can count on your coach to be honest and straightforward, asking powerful questions and using challenging techniques to move you forward. You are expected to evaluate progress and when coaching is not working as you wish, you should immediately inform me so we can both take steps to correct the problem.

The primary foci of psychotherapy are identification, diagnosis, assessment, and treatment of personality, emotional, and mental disorders. The goals of psychotherapy include alleviating symptoms, understanding the underlying dynamics which create symptoms, changing dysfunctional behaviors which are the result of these disorders, and developing new strategies for successfully coping with the psychological challenges which we all face.

It is also important to understand that coaching is a professional relationship. While it may often feel like a close personal relationship, it is not one that can extend beyond professional boundaries both during and after our work together. Considerable experience shows that when boundaries blur, the hard won benefits gained from the coaching relationship are endangered.

### **Confidentiality**

I will protect the confidentiality of our communications. However, there are some exceptions to confidentiality. I will only release information about our work to others with your written permission or in response to a court order. Additionally, there are some situations in which I am legally obligated to 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 am required to take protective actions. These situations are quite rare in coaching practices. If such a situation occurs in our relationship, I will make every effort to discuss it with you before taking any action.

As you are no doubt aware, it is impossible to protect the confidentiality of information that is transmitted electronically. This is particularly true of e-mail and information stored on computers that are connected to the internet, which do not utilize encryption and other forms of security protection.

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Patient Signature

\_\_\_\_\_  
Date