



Summary of Agreement

This agreement outlines the services, fees, and expectations for the relationship between you and Integrating Mind, Body & Spirit. It highlights key points such as the scope of services (behavioral health consulting, life coaching, psychotherapy, and training), the differences between coaching and psychotherapy, fees for services, cancellation policies, and the importance of professional boundaries.

Key aspects include

Initial Assessment - 90 minutes at \$250 to create a personalized wellness plan.

Ongoing Sessions - \$150 per hour, which can be divided into 15-minute increments as needed.

Cancellations - 24-hour notice is required, or 2-hour notice for emergencies, to avoid charges.

Coaching vs. Psychotherapy - Clearly differentiates the goals and boundaries of each service.

Confidentiality - Communication is protected, with exceptions for legal obligations.

Termination and Dispute Resolution - Agreement can be terminated with notice.

By signing, the client acknowledges understanding and agreement to these terms.

Client Signature _____ Date _____