



# Body Mind Healing Journey

**Fern Feldman, NP, transpersonal life coach  
and certified clinical hypnotherapist**

## **Life Coaching Client Consent Form**

**Hello and welcome!** Fern Feldman is a Transpersonal Life Coach, and a Certified Clinical Hypnotherapist, trained at the Wellness Institute in Issaquah, WA. If you would like to learn more about the institute, please see <http://www.wellness-institute.org>. She is also an advanced registered nurse practitioner (ARNP), and certified member of the National Guild of Hypnotists.

### **Here is a list of some of Fern's additional professional background:**

- Family Nurse Practitioner, University of Washington
- Reiki—Level I, 1989 and Level II
- Rabbinic ordination from Aleph: Alliance for Jewish Renewal
- Spiritual Director—certified by Yedidya program of Morei Derekh

### **Life coaching services**

Coaching provides an opportunity to align with your own strengths and values, develop the vision and empowerment to follow what you are called to do, and really move toward your goals.

Here is a definition of Coaching from the International Coach Federation

([www.coachfederation.org](http://www.coachfederation.org)): “Professional Coaching is an ongoing professional relationship that helps people produce extraordinary results in their lives, careers, businesses or organizations.

Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life. In each meeting, the client chooses the focus of conversation, while the coach listens and contributes observations and questions. This interaction creates clarity and moves the client into action. Coaching accelerates the client's progress by providing greater focus and awareness of choice. Coaching concentrates on where clients are now and what they are willing to do to get where they want to be in the future. Coaches recognize that results are a matter of the client's intentions, choices and actions, supported by the coach's efforts and application of the coaching process.”

Since Fern is also a hypnotherapist, it is possible for coaching sessions to integrate some elements of exploring your inner landscape that are derived from the practice of hypnotherapy.

### **Disclaimer of Liability**

Life coaching is not intended to replace your mental health providers (such as psychotherapists, psychologists, or psychiatrists), or your medical practitioners, but rather to be used along with whatever medical and other programs you are following. And, although I am a nurse practitioner, the services provided in our sessions do not in any way replace receiving primary health care, health screening, or diagnosis and treatment of medical conditions.

You, and every client, have the right to refuse treatment; you are under no obligation to do anything I suggest, or to continue care here. And, you have the responsibility for choosing the provider and treatment modality which best suits your needs.

In addition, I am not credentialed to conduct psychotherapy. Our sessions in no way replace mental health services.

If you ever have any concerns about the nature of your treatment, please feel free to discuss them with me. I also recommend that you inform your medical provider (MD, DO, NP, or PA) and any mental health providers that you are seeing a life coach.

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**Confidentiality**

All sessions are strictly confidential, as is the fact that you are receiving services. I am bound by professional ethics and personal convictions to maintain your confidentiality. In the event that any of the following circumstances should arise, the safety of all involved parties would take precedence over confidentiality:

1. If there is reason to suspect someone has abused a child or vulnerable adult (mentally disabled or elderly), this information will be reported to the appropriate authorities.
2. If a client or other person is at serious risk of suicide and is an imminent danger to self, this information will be shared with someone who can help prevent the injury from occurring.
3. If a client intends to cause serious harm to another person, this information will be shared with someone who is in a position to prevent the harm from occurring –and with the person who is being threatened.
4. No records relating to your sessions will be released to anyone without an authorization form signed by you. The only exceptions to this would be a court order from a judge to release records to a court (a subpoena from an attorney is not sufficient to release any records without your approval), or in a medical emergency, when medical information would be shared with emergency medical personnel.
5. I may discuss your case (while maintaining your anonymity as much as possible) with a colleague for purposes of supervision. My colleagues are bound by the same ethical and legal considerations to protect your confidentiality.
6. Other than discussion of your case for supervision purposes, if any of the above circumstances arises, I will discuss the issue with you prior to breaching our confidential relationship. It is very important that you understand that I cannot discuss your case with anyone--not even family members or your lawyer –without your permission.

**Fees**

Fees are agreed upon ahead of time, and payment is due at the time of the session.

**Missed Sessions**

Your appointment time is reserved especially for you. If you cannot keep an appointment, I would appreciate at least 24 hours’ notice, if at all possible. You will be charged the full session fee for any appointments that you did not contact me to cancel. If you miss two appointments without calling, future appointments will not be scheduled until a new agreement is made.

**Acknowledgement and Consent to Receive Services:**

I, \_\_\_\_\_, have read and understand the above disclosure about life coaching offered by Fern Feldman, and her training and education. I understand it is my responsibility to maintain a relationship for myself with a medical provider. I have consented to use the services offered by Fern Feldman, and agree to be personally responsible for any agreed upon fees in connection with the services provided to me. I have been offered a copy of this document, and am aware it is available online at [www.bodymindhealingjourney.com](http://www.bodymindhealingjourney.com).

Signed \_\_\_\_\_

Date \_\_\_\_\_