# Jasmine VanAntwerp, LCPC

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**CONSCIOUS UNCOUPLING COACHING AGREEMENT**

**Welcome:** I appreciate that you have chosen me as your ***Conscious Uncoupling*** coach. I am excited to start our work together. Please read through the following and sign your acceptance at

the end.

**Credentials:** I am a certified conscious uncoupling coach and a Licensed Clinical Professional Counselor (4679) in Bozeman, MT. I specialize in working with parents, children, and families.

**Nature of Coaching Services:** The ***Conscious Uncoupling*** Program is offered as a powerful tool to help you navigate your way through the ending of a relationship. The program is based upon the ***Conscious Uncoupling*** book written by Katherine Woodward Thomas, M.A., MFT. The program is highly transformative in nature and will help you to identify and change old patterns that have caused you difficulty in intimate relationships, as well as support you to end your relationship in healing and wholesome ways that foster a sense of mutual respect, honor, and dignity.

As we work through this process together, I suggest you read the ***Conscious Uncoupling*** book, and actively engage the exercises and practices offered. In our coaching sessions together, we will integrate and synthesize the learning you are experiencing, optimizing your opportunity to experience breakthroughs and evolution during this time of tender transition and change in your life.

Although I am a Licensed Clinical Professional Counselor, please know that coaching is not psychotherapy. I do however, integrate my skills as a therapist into the process of ***Conscious Uncoupling*** work. While we will certainly deal with your breakup trauma in our work together, if you are experiencing severe emotional distress - such as serious depression, overbearing anxiety, severe substance abuse, or acute trauma symptoms - I encourage you to also pursue more traditional treatment routes in addition to our work together, such as psychotherapy and/or medical treatment.

**Appointment Length and Fees:** All sessions are 60 minutes in length. I charge $150 per session for each ***Conscious Uncoupling*** session or $1,000 for an 8 session package, paid for upfront. The typical length of treatment is eight sessions. You are also welcome to continue working with me, as the need arises, to integrate this work into your life and relationships in an ongoing and as needed basis.

Medical plans and health insurance typically reimbursed therapy, but this is not the case for coaching. Because of this, sessions need to be paid without the use of insurance. I accept payment through credit card, debit card, or health savings accounts or PayPal if we are working internationally. If you are paying per session I charge at the end of every session. If you pay for an eight session package, I charge the full fee upfront.

**Appointment Cancellations:**Pleasecall 406-580-2243 to give 24 hours’ notice of a session you wish to reschedule or email me at jasmine.vanantwerp@gmail.com.

**Telephone Calls:** Should you need to speak with me between our sessions, I will do my best to return your call within 48 hours. However, I ask that you keep notes of questions and concerns that may come up between sessions so we can discuss them during scheduled session times.

**Confidentiality:** I honor your right to confidentiality. This means that with certain exceptions, who you are, and the contents of our sessions are private. The exceptions are usually extreme, such as being dangerous to yourself or others, being seriously disabled or where child or elder abuse is involved. If you are working with other professionals, such as a therapist or collaborative divorce team, I am able to communicate with others if you give me permission and sign a release of information. The purpose of this communication is collaborate regarding your care and needs.

If you have any questions, please feel free to discuss them with me.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_