



Coaching Agreement

DISCLOSURE: Before proceeding with coaching, it is important and REQUIRED BY LAW that the Client understands that coaching as practiced by Matt Babb is considered a Complementary and Alternative Health Care in California. Client understands and consents to the components of this Agreement, and is duly informed of the Scope of Services, outlined in section (b).

(a) Matt Babb, as a coach, is NOT licensed to:

1. Treat emotional or mental disorders as defined by the American Psychiatric Association.
2. Provide medical, legal, financial, or business advice.
3. Diagnose, prescribe, or treat medical conditions or afflictions.

(b) The Scope of Services provided by Matt Babb can be summarized as “vocational or avocational self-improvement”, and is limited therein. In addition, Matt Babb may offer services that are beyond the scope of the aforementioned description if Client is referred IN WRITING to Matt Babb by a licensed medical/health care provider, including, but not limited to, psychologists, psychotherapists, psychiatrists, dentists, and medical doctors.

(c) Sessions may include any or all of the following:

1. Exploring Client’s history, memories, thoughts, emotions, values, dreams, and behaviors, and then orienting these components toward goals that Client specifies at the outset of working with Matt Babb.
2. Practicing imaginative exercises, cognitive exercises, relaxation exercises, meditation exercises, hypnotic exercises, and breathing exercises to stimulate new ways of thinking and behaving for Client.
3. Collaboratively creating homework assignments that will reinforce insights and techniques that Client learns during sessions.
4. Creating and rehearsing behavioral experiments for Client to engage in outside of sessions in order to facilitate work done inside of sessions.

(d) Confidentiality:

Strict confidentiality will be maintained in all but the most exceptional circumstances. These can include: legal action (criminal or civil court cases where a court order is made demanding disclosure) and where there is good cause to believe that not to disclose would cause danger of serious harm to Client or to others. Most standards of confidentiality applied in professional contexts are based on the Common Law concept of confidentiality where the duty to keep confidence is measured against the concept of the ‘greater good’. The sharing of anonymous case histories with supervisors and peer-support groups, and/or the sharing of open case histories with supervisors and any referring NHS medical practitioner, are not breaches of professional confidentiality.



(e) Client understands and agrees to the following:

1. I am fully responsible for my physical, mental, and emotional well-being, as well as my choices, decisions, and actions during and after my coaching sessions.
2. I have read the Scope of Services section (b) above and have been made fully aware of what may occur in, between, and after sessions with Matt Babb.
3. I know that coaching is not a substitute for any form of medically prescribed or specified services (including psychotherapy, counseling, or psychological services).
4. I have been made aware, as is mandated by the State of California, that coaching is considered a Complementary and Alternative Health Care.
5. I am aware that I can choose to discontinue coaching at any time.
6. I understand that The Internal Library has a 24-hour cancellation policy. If I reschedule more than 24 hours in advance, all will proceed as normal. If I need to reschedule less than 24 hours in advance, or if I do not show up for a scheduled session, it will be considered completed and will count towards my plan.
7. I understand that my sessions will start and end at their predesignated times. Should I arrive late to a session, any lost time will not be added to the end of the session, and any partial sessions will be considered complete.
8. I have been made aware, as is mandated by the State of California, that Matt Babb is NOT licensed to diagnose or treat mental disorders or medical diseases or afflictions, and that coaching is not a substitute for counseling, psychotherapy, or mental health care.
9. The agreement to work on the goals I present to Matt Babb at the outset of coaching in no way guarantees a cure or specific result. Should I deem the results of coaching unsatisfying for any reason, I am not entitled to any partial or full refund unless deemed appropriate and voluntarily offered by Matt Babb.
10. Matt Babb will be indemnified and held harmless from any claims, demands, causes, or action or litigation including, but not limited to, all costs of reasonable attorney's fees, which may arise or be incurred by reason of the services performed.

(f) Contract duration and type:

1. Contract extends from _____ to _____. All scheduled sessions are to be completed within this window.
2. Number of sessions: _____ (____)
3. Program Type: _____
4. Program Cost: _____