



Nina Sidell Inspiring Lives, LLC.

Consent and Responsibility Agreement

Psychotherapy and Life Coaching

You have sought out and/or agreed to participate in psychotherapy and/or life coaching to improve some facet(s) of your life. Above all else, the therapeutic environment is a safe place for both the client and the therapist. Safety includes physical, emotional, intellectual and spiritual safety levels. A Patient Bill of Rights statement accompanies this agreement. Ultimately, the goal is to provide you with an excellent quality of care to help you come to insight and take positive and appropriate action to resolve, strengthen or heal yourself and aspects of your life that need resolution or healing. The work is designed to help you move through feelings, limiting thoughts, blocks, patterns or trauma to find clarity, self-compassion and personal power to take with you into your life moving forward.

Therapist's Responsibilities-

I, Nina Sidell, M.A. am the therapist and am honored to do this work as I support and guide others to live their best lives. I am committed to providing excellent treatment care and take your psychological, emotional, and general well-being seriously. I will give you homework in between some sessions that are designed to help you so they need to be completed and practiced. Often, therapy and change happen in between sessions, particularly as you continue to learn and grow. Our communication is essential in your progress so that I can learn how best to support your progress. I will hold you accountable while remaining gentle with

you as you experience the therapeutic or life coaching process. Each therapist and life coach have their own style and each therapist-client or life coach-client relationship differs for a variety of reasons. Trust your comfort level to reinforce that you are selecting the right practitioner-clinician for you. This element of trust, sensing that you connect well with and feel confidence in the right person is key in your progress.

I will provide you with mutually agreed upon confidential weekly appointments consisting of 60 or 90 minute or 2-hour (intensive) psychotherapy or life coaching sessions. My style is to create a “safe place” and honor your individual (couple or family) process. I am kind and gently confrontational keeping strong boundaries so that the sessions are about you and your work. The therapeutic relationship is one of mutual respect and comfort so that you can feel and speak freely. I offer a variety of therapeutic tools and am flexible to personal preferences and responses. Some of those tools include: Expressive Arts Therapy (Art Therapy, Psychodrama, Writing Therapy), CBT (Cognitive Behavioral Therapy), Bioenergetic Analysis (Body-Oriented Therapy), Creative Visualization, Mindfulness, and more.

Client’s Responsibilities-

You are the client who has voluntarily chosen or has been court-ordered to gain psychotherapy treatment or life coaching with me, Nina Sidell, M.A. to improve, strengthen or heal an aspect or aspects of your life. You are functioning at where you are on the continuum of health, wellness, and satisfaction. As the client, you have the opportunity to take a good look and know yourself, your patterns, history, and current options. You can explore whatever you want and voice your concerns, opinions and questions freely. You deserve to feel safe, heard, and understood in your sessions. If you do not feel heard or understood you need to tell me in the moment or as soon as you can so that we can address it. You will be given homework in between some sessions that need to be completed and practiced. When you begin this process, your attitude and the right support, new tools, attitudinal shifts, and doing your work- life will indeed improve for you. Your 100% participation and willingness to learn and grow are paramount to the outcome of your therapy or life coaching experience.

Session Attendance-

You are responsible to “show up” for your appointments with me. I, Nina Sidell Inspiring Lives, LLC. require a 24-Hour Cancellation Policy. This means that you must keep your scheduled appointments and if you do not appear or contact me within 24 hours before the scheduled time, you will be charged the full amount of the session. If you have an Emergency, you must reach out to me so that I am aware and also can reschedule if another client wants the time.

Confidentiality-

Since each and every session is designed to be a “safe place” for the client and therapist, confidentiality plays an important part. Part of emotional safety is in knowing that the content and expression of your thoughts, feelings, and experiences are held between us and essentially remain in the room and are used as potential material for future sessions and homework. You are free to keep your sessions private or share whatever you like with whomever you like if that serves you in your treatment. Honor your boundaries. I am unable to share information, unless it is court ordered, if I am working with a minor, or if I learn of or strongly suspect child abuse, physical abuse, suicidal or homicidal thoughts or threats.

Length of Treatment & Termination-

It is customary that we discuss the Treatment Plan or Life Coaching Plan timeline in the beginning of working together. During that time, we review the length of time needed to achieve goals and feel better. In the middle of working together, we again review your experience and progress. Typically, and customarily, the client and therapist or life coach discuss and agree upon the termination date.

I agree to my client responsibilities: X _____

Date: X _____