



Meridian Physiotherapy, LLC

2120 Main Street, Suite 130
Huntington Beach, CA 92648

Informed Consent Form

Effective Date: 01.01.2017

Introduction

Thank you for choosing Meridian Physiotherapy, LLC for wellness coaching services. This form is designed to provide detail about the coaching process, training and credentials of your wellness coach, and the rights and responsibilities of clients and coaches. If you have any questions about matters on this form, please do not hesitate to ask your wellness coach for more information.

Background of Dr. Trevor Buser

Dr. Trevor Buser is a board-certified coach through the Center for Credentialing and Education (<http://www.cce-global.org/bcc>). This national credential ensures that wellness coaches have completed training and educational requirements, coach-specific examination, experience in coaching, and ongoing continuing education. Dr. Buser is also a professor at the university level, where he teaches coaching and counseling. Dr. Buser completed his B.A. at UCLA, M.Div. at Princeton Theological Seminary, M.A. in counseling at Wake Forest University, and a Ph.D. in counselor education at Syracuse University.

Definition of Wellness Coaching

Wellness coaching focuses on optimizing well-being rather than treating disorders. Wellness coaches help clients gain insight into both strengths and difficulties, articulate a clear vision for the future, enhance intrinsic motivation, and achieve concrete goals in areas such as:

- Physical and Emotional Health,
- Satisfying Relationships,
- Life Transitions,
- Career Development,
- Clarifying Core Values and Purpose.

Wellness coaching differs from psychotherapy and counseling in that coaches do not address or treat mental disorders. Because of the differences between coaching and counseling, it would not be appropriate for a wellness coach to serve also as a client's counselor during or after the client's participation in coaching sessions. In the event that a

client expresses concerns related to a mental disorder, the wellness coach will provide a referral to a licensed mental health provider for evaluation and treatment. Coaching is not intended to serve as a replacement for medical, psychiatric, or psychological treatment, legal advice, or financial advice.

Fees and Online Platform

The fee for service is \$150 per individual wellness coaching session. Other cost structures are available for wellness packages. Each session lasts 50 minutes in duration and takes place through an online video-conferencing platform compliant with HIPAA requirements. This platform is called, Doxy.me. Payment is due by the completion of each wellness coaching session.

We request that you provide at least 24-hour notice, if you need to cancel or reschedule an appointment; otherwise, we will need to charge you a cancellation fee of \$40 to compensate your coach for opportunity costs associated with reserving time for the session.

Confidentiality

Confidentiality is the bedrock of the helping professions. *As a general rule, your coach will keep confidential the information you share with him in session, unless the coach has received your written consent to disclose certain information.* There are, however, important exceptions to this rule that are important for you to understand before you share personal information in session.

Your coach may be required to release information with or without your consent in accordance with state and federal laws and the ethics of the coaching profession. For example, coaches may be required to release information with or without your consent if you are at risk for serious and foreseeable harm; express suicidal ideation, homicidal ideation, or the intent to cause serious bodily injury to another person; share information about the abuse of a child, elder, or incompetent person; or place the public or another individual at risk of contagion from a condition known to be fatal. Coaches may also be required to disclose information with or without the client's consent when they have received a valid court order to release information. In all such cases, the coach will release only such information as is necessary to accomplish the action required by the exception.

Where a minor is the primary client, or the client is not competent to give consent, the interests of the minor or the incompetent client shall be paramount. Where appropriate, a parent(s) or guardian(s) may be included in the coaching process. The coach must still take measures to safeguard the client's confidentiality.

Please note that, if you have chosen to participate in group coaching sessions, there are other limitations to confidentiality. In addition to the exceptions described above, the

wellness coach cannot control whether other clients involved in the group coaching session will maintain the confidentiality of your disclosures in session.

It is also important for you to be aware of limitations to confidentiality associated with the use of technology and electronic communication for coaching sessions. Wellness coaching sessions take place through an online, video-conferencing platform. Additionally, the use of online payment services, such as PayPal, requires you to disclose information about yourself (e.g., name, address, and credit card number) to the payment service provider and indicates your participation in a wellness coaching session to the payment service provider. The use of electronic communication also introduces the potential release of private information due to involuntary intrusions over the Internet. It is impossible to protect fully the confidentiality of information that is transmitted electronically. For example, computer viruses may obtain and disclose information provided by you or the coach. To support the effectiveness of online coaching sessions, it is also vital to place yourself in a private area, where you can be assured that others will not intrude.

By signing this form, you are acknowledging that you understand there are risks associated with using electronic communications for wellness coaching and payment (including risks that may be unknown to client and/or coach, due to the evolving nature of technology), you are aware that there are no universal measures for protecting personal information during the use of such electronic communications, and you agree to hold Meridian Physiotherapy, LLC and its coaches harmless and free from liability in the use of electronic communications, including online video-conferencing, telephonic communication, e-mail, text messaging, and payment. If any of these channels of communication presents a concern for you, please share this concern with your coach so that appropriate adjustments can be made.

Availability of Coach

In general, your coach will return phone calls or e-mails within two business days (Monday through Friday). Your coach is not available at all times, and wellness coaching is not intended to serve as a replacement for emergency services. If you have an emergency, we suggest that you make use of emergency services in the community (e.g., dialing 911 or going to your nearest emergency room).

Client Roles and Responsibilities

As a client of Meridian Physiotherapy, LLC, you have the right to be treated with respect at all times and expect quality service provided by a trained, professional, and competent wellness coach. You have the right to expect confidentiality within the limits discussed above, and to be informed about exceptions to confidentiality. You have the right to full, knowledgeable, and responsible participation in the ongoing coaching plan. You have the right to request information about your case record and to have this information explained clearly and directly. You have the right to refuse any recommended actions discussed in

coaching sessions. In the event that you have a complaint about services provided, you have a right to file a complaint with the officer of Meridian Physiotherapy, LLC (Dr. Andrew Buser, 2120 Main Street, Suite 130, Huntington Beach, CA 92648). If this step does not result in the resolution of your complaint, you also have the right to file a complaint with the appropriate credentialing body, the Center for Credentialing and Education (<http://www.cce-global.org/bcc>). You have a right to discontinue coaching at any time.

We ask that clients make every effort to arrive on time for coaching appointments, so we can maximize the time available for each session. Although wellness coaches typically challenge clients to consider new behaviors and ways of thinking, the ultimate responsibility for the client's actions, of course, belongs to the client. We expect clients to assume responsibility for the decisions, behaviors, and changes they institute in relation to topics discussed in session. We also ask clients to be as straightforward as possible with their coaches and state directly when they have concerns about aspects of the coaching process.

Coach Roles and Responsibilities

Your coach commits to delivering professional, competent, and ethical wellness coaching. Your coach will ask questions, listen carefully to descriptions of difficulties in your life, and assist you in developing a plan for improving these difficulties. Wellness coaches at Meridian Physiotherapy, LLC generally assume a collaborative, collegial posture with clients, as they attempt to draw out and amplify the strengths of clients. Often, wellness coaches challenge clients to experiment with new behaviors and report on the implementation of such behaviors at subsequent sessions. These instances of challenging clients are also highly collaborative, in that clients are always given the opportunity to adjust or refuse the proposed plan for behavioral change.

Please expect your wellness coach to be direct, straightforward, and to hold you accountable for implementing goals you have articulated in session. In accordance with the ethical codes of the coaching profession, please also expect that the coaching relationship will remain professional. For example, it is our policy as wellness coaches to decline requests to interact with clients on social media.

Supervision and Consultation

As a board-certified coach, Dr. Buser does not require ongoing supervision for the services that he provides. However, at times, Dr. Buser may seek consultation about your case with another provider. Consultation is a professional courtesy shared among helping professionals to optimize the service delivered to clients. In routine instances of consultation, Dr. Buser will share with you the name of the consulting professional ahead of the consultation, seek your permission for the consultation, and will not disclose any identifying information about you with the consulting professional. These procedures,

however, may not apply in emergency situations that involve a required breach of confidentiality, as described above.

Inherent Risks of Wellness Coaching

Wellness coaching includes discussion of difficulties in the client’s life. Discussion of personal difficulties may result in emotional discomfort for the client. It is also possible that such discomfort might remain after the conclusion of a coaching session, as clients continue to reflect on topics discussed in session. Further, it is important to be aware that clients may experience discomfort or unintended negative outcomes as a result of implementing new behaviors discussed in coaching sessions. As mentioned above, clients are free and responsible to choose which behaviors they would like to implement, alter coaching plans in ways they see fit, and refuse any coaching plans with which they disagree.

Please print a copy of this informed consent form for your records. Please ask your coach to discuss any questions that you may have about the form.

Please date and sign your name below, indicating that you have read and understand the contents of this informed consent form, are 18 years old or older, and consent to accept these policies as a condition of receiving wellness coaching services.

Client’s Name (please print)

Client’s Signature

Date

Coach’s Name (please print)

Coach’s Signature

Date