

# **Gifted Challenges Educational Consultation/Parent Coaching Services**

**Gail Post, Ph.D.**

## **Consent Form and Disclaimer**

Thank you for your interest in Gifted Challenges Educational Consultation/Parent Coaching Services. This document constitutes a contract between us. Please read it carefully and contact me with any questions or concerns before you sign it.

### **Consultation or Coaching vs. Psychotherapy**

In addition to being a consultant and coach providing information related to gifted services, I am also licensed as a Psychologist in Pennsylvania, with training and experience in diagnosing and treating emotional problems. While there are some similarities between consulting or coaching and psychotherapy, they are very different activities and it is important that you understand the differences.

The goals of psychotherapy include alleviating symptoms, understanding the underlying dynamics that create these symptoms, changing dysfunctional behaviors, and developing new strategies for successfully coping with psychological problems. The therapist uses diagnostic techniques, theoretical foundations, and research-based strategies to understand the client and develop treatment goals. Clients are often emotionally vulnerable when they seek psychotherapy, so the therapist assumes a “leadership” role to some extent, as the client is seeking the therapist’s help and guidance. Psychotherapy is considered a health care service and is usually reimbursable through health insurance policies, which is not true for consultation.

The focus of consulting or coaching services is to provide education and information related to a specific area of concern, such as child development, family dynamics, gifted education and the emotional needs of gifted children. Similar to life coaching, an educational approach utilizes strategic planning, values clarification, brainstorming, and goal-setting to reach identified goals. The relationship between the consultant and client is more direct, relaxed, and challenging, and specifically designed to avoid the power differentials that occur in the psychotherapy relationship. Since the roles of consultant/coach and psychotherapist are quite different, if either of us recognizes that you have a problem that would benefit from psychotherapeutic intervention, I will refer you to the appropriate resources.

### **Confidentiality**

As a licensed psychologist, I am ethically and legally bound to protect the confidentiality of our communications. I will only release information to others about our work with your written permission or in response to a court order. There are some situations in which I am legally obligated to breach confidentiality to protect you or others from harm. If I have information that indicates that a child or elderly or disabled person is being abused, or when there is a situation involving an impaired operator of a motor vehicle, I must report that to the appropriate state agency. If a client is an imminent risk to him/herself or makes threats of imminent violence against another, I am required to take protective actions. These situations are quite rare in educational consulting. If such a situation occurs, I will make every effort to discuss it with you before taking any action.

**Fees**

The services to be provided by Gail Post, Ph.D. are educational consulting services/coaching as designed jointly with the client. The fee for the initial consultation is \$185.00 and once a plan is agreed upon, additional meetings will be charged at the rate of \$175.00 per hour. Fees for in-person consultations may be paid at the time of the meeting. Fees for phone or videoconferencing consultations must be paid in advance by credit card no later than one day prior to your meeting, unless an alternative arrangement is agreed upon in writing. Payment can be made by accessing the Payment section at [www.GailPost.com](http://www.GailPost.com). Services not paid for in advance will not be provided, unless there is prior agreement that you may wait to pay until the day of the meeting. **You are asked to give 24 hours notice if you need to cancel or change the time of an appointment. Otherwise, you will be charged for the session in full.**

**Disclaimer**

During a consultation/coaching session, issues regarding business matters, legal matters, educational matters, family matters, health matters, financial matters and other matters may be part of the discussions, but please understand that I, Gail Post, Ph.D., am in no way working in the capacity of anything other than an educational consultant or coach. So while you may trust my guidance with regard to these subject matters, should you need expertise, or feel that any decisions need critical attention, please seek the guidance/counsel from an expert in those specific fields.

**This form is a disclaimer that I, Gail Post, Ph.D., am acting only as an Educational Consultant/Coach to you and by signing this contract, you are agreeing to hold me harmless as to have represented myself in any other capacities or positions, other than that of Educational Consultant/Coach, despite my credentials or capabilities as a psychologist listed above. Your signature below acknowledges that I have made it clear that I am *not treating you in my capacity as a Psychologist*, or treating you in any of the other advisory positions I hold, or are referenced above.**

YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ THIS NOTICE AND AGREE TO ITS TERMS

Client Name: \_\_\_\_\_  
Print

Client Name: \_\_\_\_\_  
Signature

Date: \_\_\_\_\_

Educational Consultant/Coach: \_\_\_\_\_

Date: \_\_\_\_\_