

Client Contract

I see us working together. I want to be clear and transparent about our work together.

My role and responsibility:

- I give you my full attention, and use my skills and experience to support you in getting what you want.
- I don't do anything for you; I will try to help you get what you need and want. I try to help you understand yourself. This is a little like doing research on you.
- I will be learning about you (and myself!) as we work together; I'll be experimenting.
- This process can get a little messy at times, and I will make mistakes. For example, I might say something that is not helpful, or that you don't like, or I will forget something that is important to you. When I recognize my mistake, or you tell me about it, I will account for it.
- There will be repetition in what we talk about and do together. Repetition is necessary for learning.
- I will treat what you tell me as confidential. There are two exceptions: I regularly get supervision, and might talk about our conversations so that I can better meet your needs. And, if you tell me something that threatens you or someone else, I may need to let others know about that, in service of protecting you, others, and myself.

Your role and responsibility:

- For this process to be successful, you need to tell me what you want (as best as you can express it), and to take responsibility for what you want to change in yourself. Even if a session feels unpleasant or seems unproductive (and both will probably happen), ask yourself, "What am I learning? What can I take away?"
- Remember that this process can take time. Sometimes change happens quickly, sometimes slowly. And sometimes change happens in ways you didn't expect. What I am sure about, is that change happens if you work for it.
- If you have questions about any aspect of our work together, please ask, and I will do my best to answer your questions honestly.
- Give me feedback; tell me what is helpful and not helpful. You are the expert in your experience, intuition, thoughts, and feelings. If you don't like something I have said or done, talk to me about it, so that we can find a solution to "clean up" what happened.
- Pay me what you believe is the right amount for you, and what we have agreed to.
- Give me 24 hour notice if you want or need to cancel an appointment. If you don't, then I ask you to pay me for the session. If there is an emergency, or if I used the cancelled time for something useful for me, I will not expect you to pay.

This is not a linear process. Unlike some of our technology today, there are no instant solutions, at least none that I know! It's more like planting a tree: you and I dig the hole, add some fertilizer, protect it, water it, and nature does the rest. I do my part, you do your part, and we see what happens.

It may be that one of us, or both of us, decide that counseling with me is not the right option for you. If that happens, I will support you in figuring out a better option for you.