

Initials

Welcome! I appreciate your trust and the opportunity to be invited into your journey. This letter is designed to answer some frequently asked questions about working with Limitless-U and our relationship. Please take the time to read this to the end prior to signing. Mark in any place you feel unclear and write in any questions which come to your mind so we can discuss them at our next session. This is also your copy to keep and refer to later if needed.

Coaching vs Therapy

How is coaching different from psychotherapy? Unlike the practice of psychotherapy, coaching is not regulated by the government. In other words, there are no laws, either state or federal, nor regulations that govern coaching as a profession or define a scope of practice for those who offer coaching services. Any person can label themselves as a coach. Coaching does not require a license, specific education, or experience. Within the past 20 years, however, professional associations such as the International Coach Federation (ICF) and the International Association of Coaches (IAC) have been established to help guide the practice. These associations have created standards for those who work and/or plan to work as coaches.

Since coaching is self-regulated as opposed to government-regulated, the practice of coaching is broadly defined. For example, according to the ICF, *coaching is the future-focused practice of partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Professional coaching focuses on setting goals, creating outcomes, and managing personal change.*

You can [CLICK HERE](#) for more information on the differences.

My approach integrates somatic, Depth psychological and yogic approaches, and involves healing through remembering our wholeness. Through my deep work with clients, I facilitate their efforts to maximize their human potential. My specialty is supporting people through big changes and transitions in life. Whether it is something you want and desire or something thrust upon you, our work will support deepening your sense of self and sense of agency. Let us move you towards fulfilling your potential and transcending the limiting beliefs that get in the way.

The first few sessions may involve getting to know each other and identifying your goals. I encourage frequent check-ins to review progress and make adjustments as needed.

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For optimum results, your involvement, commitment, and effort is required. Change and transformation takes patience and persistence. Remember the old adage that something gets worse before it gets better; transformation can be frustrating and painful at times. Do not give up!

Your progress towards meeting your goals is our number one priority. If at any time we decide that this is not being achieved, I may refer you to a third party who can offer specialized support. This can include physicians, nutritionists, therapists, etc.

Issues I will Not Help With

I will not do mental health assessments, DSM-5 diagnosing, or custody evaluations. In addition, I do not communicate verbally or in writing with attorneys regarding our work. If a situation arises where I must, you will be billed at \$475 per hour without exception.

Sessions

The initial introductory/information gathering session is one hour. Subsequent sessions are held weekly and are between 45-55 minutes. You can use www.limitless-u.com to schedule our sessions. Custom time frames may be arranged upon request.

Our sessions are commitments to work and may be interpreted as an agreement between us. **By scheduling a session, we each agree and promise to be at session on time.** On occasion I may be delayed, and I ask for your understanding and assure you that you will receive the full time to which we have agreed. If you are late, we will be unable to meet for the full allotted time, as it is likely that I will have another appointment scheduled after yours.

Your session time is reserved for you. Reality does not always allow us to keep our promises, but a canceled appointment is an interruption in our work, which may delay completion of your goals. I will make our meetings a priority and ask you to do the same, to keep missed hours to a minimum. **All appointments canceled without a twenty four hour advanced notice will be charged to you at your regular rate unless an illness or emergency prohibits you from keeping your appointment.**

Fees

In any professional relationship, payment for services is an important issue. This is even more important in a coaching relationship, where clarification of relationships and responsibilities are a part of the work we may be doing. My current fee for coaching individuals and couples is \$175 for a 50 minute session. If you are on a sliding scale or another session fee, sessions are \$_____ for 50



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minute sessions. If we have made arrangements for custom time frames, you will be charged for added time proportionately.

Billing

Coaching sessions are not covered by insurance and you are expected to pay at the time of your appointment or earlier. Preferred payments through [Venmo \(click here\)](#) or @Limitless-U / @Lisa-Saremi. (Venmo has a \$2 fee) **If you prefer to use a [credit card](#), there is a \$10 per session processing fee in addition to the above fee.**

Confidentiality/ Notice of Privacy Practices

I regard the information you share with me with the greatest respect and regard and so it is important for us to be as clear as possible about how it will be handled. In general, **I will tell no one what you tell me. The privacy and confidentiality of our conversations and my records, however, are not held in privilege and are not legally protected by state law.**

If you share with me that you are having **serious** thoughts or plans of harming yourself or harming another, there will be an exception to our confidentiality to protect you or the other party. In addition, I am a **mandated reporter** and am required to report any information regarding child or elder abuse to the proper authorities. If you have any questions or concerns about confidentiality, please let me know so we may resolve them and proceed with our work together. Otherwise, I do not and will not tell anyone anything about the work we are doing, your history, or that you are a client of mine, without your full knowledge and consent in written form.

Complaint Procedures

If you are dissatisfied with any aspect of our work, please raise the issue with me immediately. An unresolved issue can impede and delay our working together and my ability to facilitate your achievement of your goals. If you feel that you have been treated unfairly or even unethically by my or any other person from Limitless-U, and cannot resolve the issue, please send the complaint to us in writing and we will make it a priority to respond quickly.

My Background

We all want and need to know we are in good hands. I am an Associate Marriage and Family Therapist (AMFT) with over 5,000 hours logged and am preparing to take my exam to receive the LMFT license. I choose to work and will continue to choose to work as a coach with a more forward-oriented nature. I am a 2004 Landmark Education graduate, earned a MA in Depth Clinical Psychology in 2021, and

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have been working with hundreds, both individually and in groups, since 2004. I have over a decade of experience as a health and wellness coach, with an emphasis on supporting individuals through grief, loss, and other life changes. I am also a trained yoga therapist and believe the interweaving of somatic and other dependent processes support an individual's inner journey.

Additional Points

Once we begin working together, I ethically cannot be your friend. I will not see you socially nor enter into any business or other relationship with you, apart from as a coach. I will probably minimize our conversation in order to protect your confidentiality and the coaching relationship.

To support our relationship's success, I ask that you speak up about any concerns you have. Good communication will support the highest rewards.

Agreement

I truly appreciate the opportunity you have invited me to be of service to you in your journey and am eager to receive your questions, comments, suggestions or concerns at any time. I look forward to a successful and beneficial relationship with you. If as we process you are fully satisfied with our work and my services, I would appreciate your referring other people to me who may benefit from my services as well. I have read (or had read to me) the issues and points stated above. I have discussed them where I was not clear about them and had my questions fully answered. I fully understand and agree to comply with them and agree to enter into a coaching relationship as indicated by my signature here in writing or electronically.

Coaching Disclaimer & Waiver

I understand that the coaching services I will be receiving from my Coach are not offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. I also understand that my Coach is not acting as a mental health counselor or a medical professional.

I understand that coaching is, at present, an unregulated industry and that my Coach is not licensed by the State of California. I also understand that for all legal purposes, the services provided by my Coach will be considered to be provided in the State of California.

I understand and agree that I am fully responsible for my well-being during my coaching sessions, and subsequently, including my choices and decisions. I understand that coaching is not a substitute

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for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and I will not use it in place of any form of therapy.

I understand that all comments and ideas offered by my Coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to give my informed consent, and hereby give such consent to my coach to assist me in achieving such goals.

I understand that to the extent our work together involves career or business, my Coach is not promising outcomes included but not limited to increased clientele, profitability and or business success.

I understand that my Coach will protect my information as confidential unless I state otherwise in writing. If I report child, elder abuse or neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken and my confidentiality agreement limited in this capacity. Furthermore, if my Coach is ordered by a court to provide information or to testify, he will do so to the extent the law requires.

I understand that the use of technology is not always secure and I accept the risks of confidentiality in the use of email, text, phone, Skype and other technology. I hereby release, waive, acquit and forever discharge my Coach, any agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of acts or omissions by myself or by my Coach as a result of the advice given by my Coach or otherwise resulting from the coaching relationship contemplated by this agreement. I further declare and represent that no promise, inducement or agreement not expressed in this agreement has been made to me to sign this agreement. This agreement shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

SIGNATURE PAGE TO FOLLOW



PRINT First Name, Last Name

SIGNATURE*

Date

Amitice, Lisa Saremi, AMFT
Founder of Limitless-U
949-338-1449

*By initialing and signing, you acknowledge that this electronic signature is valid and binding per the E-SIGN Act of 2000.