

Mary Tamborski LMFT
Positive Discipline Parent Coach and Trainer
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Parent Coaching Agreement Services: Mary Tamborski, LMFT will provide parent coaching and parenting education. Parent coaching sessions focus on decreasing stress and chaos in your home by learning new ways to manage challenging situations with your children. The goal of parent coaching is to help you gain confidence in your parenting decisions and feel more in control. Parent coaching also works to improve the relationship between you and your children through the use of respectful strategies and positive discipline. Parent coaching sessions may last a few weeks or a few months, depending on your specific needs and circumstances. It takes time to change a behavior, and it is easy to fall back into old patterns. As your parent coach, I will collaborate with you and encourage you as you make these changes.

Fees: The fee for the initial consultation is \$125 for 1 hour. Sessions thereafter are \$125 for a 1-hour parent coaching session. You may choose to purchase more than one session at a time. After the initial consultation is completed, a 4-session package is available for \$400. Services may be paid for prior to or at time of session via PayPal. **Cancellations or Late Sessions:** Cancellations must be made at least 24 hours in advance. If you miss or cancel an appointment with less than 24-hour notice, you will be charged. If you arrive late for an appointment, the session will still end at the scheduled time. Any shortened sessions are charged the full fee. **Confidentiality:** As a Licensed Marriage and Family Therapist in the state of California, I adhere to and uphold all practices and standards as stated in the National Association of Marriage and Family Therapist Code of Ethics. I protect the confidentiality of all my clients, including coaching clients. I will only release information about our work with your written permission or if I am required to do so by a court of law. **Limits to Confidentiality:** As a mandated reporter, I am obligated to report confidential information – 1. If I have information that indicates that a child, elderly or disabled person is being abused or neglected, I am obligated by law to report this information to the appropriate local agencies. 2. If a client is in imminent risk to him/herself or

makes threats of imminent violence against another person, I am obligated by law to report this information to the appropriate local agencies for protective action. Coaching vs. Therapy: This coaching relationship is in no way to be construed as psychotherapy or counseling. Parent coaching is not a substitute for counseling or psychotherapy. In the event that you would like counseling or I feel that you, your child or family may benefit from psychotherapy, I will provide a referral to a mental health professional. Coaching can continue as a compliment to therapy. We acknowledge that coaching is focused only on learning and practicing parenting skills and strategies. Ending Services: You are welcome to end services at any time, or postpone services and return as needed. It is my hope that I can provide support to your family as you encounter new challenges as your children grow and change.

Parent
signature(s) _____

Date _____