The information contained within the Resilience Therapy Center, LLC web site or during coaching sessions is not a substitute for professional advice such as a medical doctor, psychiatrist, or counselor. The information provided by Resilience Therapy Center, LLC does not constitute legal or professional advice neither is it intended to be.

What is the difference between Coaching and Counseling?

• Counseling delves into the past of an individual, to help in making the present better. On the other hand, coaching looks at the present, to improve the future.

• Coaching is primarily to improve upon well-being, personal or professional skills whereas counseling is primarily to help resolve diagnosed emotional issues and chronic conflicts in interpersonal relationships.

• Counselors are trained to diagnose problems in order to help clients resolve their mental and emotional conflicts while coaches are mainly concerned with goal setting and improving the present and future skill levels of the clients.

If it becomes clear at any time that therapy is needed instead of coaching, then the coaching relationship will end and a new process of therapy will begin, as per consent by you. You will discuss with your coach whether you would like to either keep me as a coach and refer out for the therapy, or end coaching with me to begin therapy. If a referring therapist is needed then I will need a release of information form to receive information from therapist in going forward.

Any decisions you make, and the consequences thereof are your own. Under no circumstances can you hold Resilience Therapy Center, LLC liable for any actions that you take. You agree not to hold Resilience Therapy Center, LLC, or any employees of Resilience Therapy Center, LLC, liable for any loss or cost incurred by you, or any person related or associated with you, as a result of materials or techniques, or coaching, offered by Resilience Therapy Center, LLC.

This information shown on the website or expressed during sessions is intended to be general information with respect to life issues. Information is offered in good faith - you do not have to use this information.

You shall indemnify Resilience Therapy Center, LLC and their associates, in the event of any such claim, including but not limited to any claims made against the CEO of Resilience Therapy Center, LLC, by any person related or associated with you. Nothing in the content materials shall be considered legal, financial, or actuarial advice.

Resilience Therapy Center, LLC reserves the right to refuse service for any reason.

Results are not guaranteed. Resilience Therapy Center, LLC holds no responsibility for the actions, choices, or decisions taken or made by the client.

Diagnosing psychological or medical conditions is for trained medical professionals (Physicians and Licensed Mental Health Professionals), not for a Personal Coach.

All information shared for billing or for sessions is held confidential, under the same HIPAA guidelines as mental health counseling. Your personally identifiable information is never sold, traded, or given away.

By continuing to use the services of the Resilience Therapy Center, LLC, you agree to have read and understood the above statements in full. If you have any questions, feel free to contact the Resilience Therapy Center, LLC at 443-252-2397 or [Resiliencetc@gmail.com](mailto:Resiliencetc@gmail.com).

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Client Signature Date

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Coach Signature Date