



Holly's Healing Heart
222 Wisconsin Ave, Lower Level #3
Lake Forest, IL 60045
847-668-5095 | hollycurtis63@gmail.com

- As a client, I understand and agree that I am fully responsible for my well being during my eating disorder coaching sessions, including my choices and decisions. I am aware that I can choose to discontinue coaching at any time.
- I recognize that eating disorder coaching is not psychotherapy or counseling and that I will not be given advice on matters other than eating disorders.
- I understand that eating disorder coaching is a relationship I have with my coach that is designed to facilitate the creation/development of my best life, and that I will express how my coach can assist me and guide me to recovery.
- I understand that eating disorder coaching is a comprehensive process that may involve all areas of my life, including work, health, relationships, education, sports, and recreation and that deciding what to do in these areas is my responsibility.
- I understand that eating disorder coaching is not a substitute for counseling or psychotherapy and I will not use it in place of any form of therapy. I agree that I am ready to receive coaching services.
- I agree that if I am currently in therapy or otherwise under the care of a mental health professional, my eating disorder coach may talk to my team.
- Confidentiality: I understand that information is confidential unless I state otherwise, in writing. However, I understand that if I report abuse, neglect, or threaten to harm myself or someone else, necessary actions will be taken and my confidentiality agreement is limited in this capacity. Eating disorder coaches are not legally bound to HIPPA regulations, but follow its strict guidelines and standards.
- I understand that I am responsible for the fees if I cancel a session with less than 24 hours' notice. Missed sessions will not be made up.
- I am choosing to participate in eating disorder coaching services with Holly Curtis.
- I accept full responsibility and waive all rights to liability or any claims against Holly Curtis, or any affiliated administrators, or employees. I, my heirs, or legal representatives forever release, waive, discharge, and covenant not to sue Holly Curtis, or any employees, for any injury, harm, or death caused by either negligence or other acts.
- 50% of monies for services is due prior to or upon arrival. Venmo,Zelle,PayPal or check.

Client _____ Date _____

Guardian (if minor) _____ Date _____

Carolyn Costin Institute CCI CERTIFIED Eating Disorder Coach, EDIT certification I & II - Dr. Dorie McCubbrey, Author; Life Coach, Guest Speaker iHeart Radio, ANAD Support Group Leader 28 years, Mental Health Advocate, Northwestern University, Psychology BA

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