

# WOLF CONSULTING GROUP

*“Psychology put to work”<sup>SM</sup>*

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## COACHING SERVICES CONTRACT FOR THE GEOMETRY OF LIFE PROGRAM

Welcome to the Geometry Of Life Training Program of Wolf Consulting Group (WCG). This document contains important information about our professional services and business policies. Please read it carefully and jot down any questions you might have so that we can discuss them at our next meeting. When you sign this document, it will represent an agreement between us.

### COACHING SERVICES

The services we provide adhere to the *Ethical Principles of Psychologists* and all relevant professional standards, and Federal and State statutes and laws.

Through years of research and development we made a decision to only offer coaching services that follow the Personal BluePrint training format and process that follows the geometry of life. This is a specific approach to understanding behavior that developed following research that established there are five patterns of behavior that controls the outcomes in your life that are related to relationships.

Using the Geometry Of Life approach, most people clearly see, understand and can effectively manage their life's process and outcomes. Following the assessment (about 6-hours) and training (about 12-hours) and follow up of 3-hours over 2-meetings, several months after the initial meetings, most people are able to work on their own; coming back very occasionally, if at all, for clarification or a 'tune up'. The Geometry Of Life program teaches you how to be in charge of your life in about 21 hours spread over 4-6 months.

*By design, this is a brief process that focuses on you learning how to help yourself.* This contract will help you understand what we offer. If you wish to be in a more traditional form of psychotherapy after you have read this document, let us know. We will refer you to a Psychologist or licensed counselor, with whom we have worked and whom we trust.

Coaching is not psychotherapy as psychotherapy is traditionally practiced. The Geometry OF Life Program of WCG helps you achieve the life you want through assessment, education and coaching, not traditional psychotherapy. As you are trying to understand all the options you face in selecting a Psychologist and an approach to your personal growth, we will meet with you, in person or on the phone for 15 minutes at no charge to you, to discuss our approach and how it may apply to you.

Coaching here follows a process that includes a structured assessment to determine the basic patterns of how you manage your relationship with yourself and those emotionally important to you, education that helps you understand how your patterns of relationship create your life, and structured practice that will help you better manage your relationships, and in so doing create the life you want.

As practiced at WCG, coaching is a partnership between us that assumes you understand that you are here to learn to change the patterns of thought and behavior that are creating your need to come to us. We will work hard to understand your experience of your life and reflect that to you, so you know we understand what it feels like to be you. We expect you will partner with us and help us understand you by being as open and honest to our questions and responses as possible. It's absolutely OK to disagree and clarify if you feel we are missing who you are. We are not 'the Doctor', who is always right, and you are not the Patient we categorize. Assessment and Coaching call for a very active effort on your part. In order for training to be most successful, you will have to work on things we talk about both during our meetings and at home. We are both human and suffer from many of the same issues of insecurity with respect to how we manage important relationships. However, as Coaches, we are very likely to be a little further down the path of consciousness and personal growth in the area of how relationships work to create our lives. What we ask you to do, has worked to help many people. If, over the course of time, you are not doing your homework and working on the things you agree to work on, we will discuss referring you to a more traditional psychotherapist.

Why is this not psychotherapy as usually practiced? Psychotherapy as usually practiced is a self exploration process, whereby the psychotherapist says little and facilitates the client's self understanding by asking questions, reflecting, being non judgmental, and being non-directive in terms of helping the client decide what to do. There are many variations of psychotherapy, some where the therapist is a blank screen and others that are more directive. The key differences as we see it are our focus on education, our being very directive in

terms of helping you focus and stay on track of the specific patterns of your relationship with yourself and important others, and continuous training exercises that follow a format. Traditional psychotherapy is typically open ended. This is a structured brief process approach to helping you to understand the patterns of behavior that you use to create your life and training you in how to change those patterns.

Coaching can have benefits and risks:

First, the risks: Since training often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. You may come to recognize that some relationships do not facilitate your growth, so there may be some changes in your relationships. This can be painful. If we are successful, you will come to recognize that some very comfortable patterns of behavior are self-defeating, requiring you to grow and try new, sometimes initially uncomfortable behaviors. What if our assessment is wrong? If we cannot agree at the assessment stage, your risk is the cost of the assessment. If the assessment really teaches you how you work and you want to go into training, you may spend money and decide the pain of change is too great. You may not be willing to make the changes in your life that we agree upon; such change can be frightening. This is a brief approach to behavior change. If you find you want to spend more time in a traditional 1-hour per week setting, we will help you find a therapist and, and with your written release, will discuss your situation with your new therapist. What will happen in the program? It is likely that you will go through both periods of discomfort and personal growth. Will the outcome be worth it? It all depends on how much pain your life is creating for you.

The benefits: In a very brief period of time you will have a very clear picture of how you are currently managing your life; which patterns of behavior create success and which patterns of behavior create faceplants. This will be a very clear picture putting you in the position of being in charge of your life. Then, you will be coached in patterns of behavior that will help you be in charge of your life. You will be much more conscious of exactly why you act as you do, much more conscious in your choices of action, and much more conscious when making decisions about whom to trust and relate to in your personal and business life.

As stated above, training starts with an evaluation of the basic patterns of how you manage relationships and why you have come to use those specific patterns in managing your life. As the evaluation is interactive and we give you a lot of feedback, you will be able to tell if this approach fits you pretty quickly. At the end of the

evaluation, I will provide you with a brief summary of what we've learned and of what our work will include and a training plan to follow.

Please evaluate this summary information along with your own opinions of whether you feel comfortable working with us and this approach. Training involves a large commitment of time, money, and energy, so you should be very careful about the Psychologist and the approach you select. If you have questions about any procedures, we should discuss them whenever they arise.

Scheduling is done on the basis of what will work best to solve the problems you present, typically the program is taught in 3-hour blocks. Using the Geometry Of Life approach, most people clearly see and understand their issues and are able to work on their own; coming back very occasionally, if at all, for clarification or a 'tune up'. *By design, this is a brief process that focuses on you learning how to help yourself.* Once an appointment is scheduled, you will be expected to pay for it unless you provide 24 hours advance notice of cancellation [unless we both agree that you were unable to attend due to circumstances beyond your control].

## DELIVERABLES

The program is six-three hour meetings and two-one and a half hour meetings. The initial six meetings will be about three hours each. Following each three-hour meeting, I will send you a report summarizing what was discussed during the meeting.

Assessment: We will work together to clarify the 5 patterns of behavior that run your life, and you will be taught how to recognize when those patterns are at work and how to effectively manage the patterns.

Though these will only be names to you now, the patterns of your 'personal working model' are your:

- *Attachment Strategy.* The genetic basis of how you manage relationships. At birth, your relationship behavior is genetically based. Thousands of peer reviewed laboratory, theoretical and brain scan studies support the findings that you are born with an Attachment Strategy that is seen from the first days of your life. Your attachment strategy engineers your comfort with and desire for emotional closeness. This engineering affects hundreds of behavioral, cognitive and emotional patterns of relationship behavior.

- *Emotional Self-Experience*. The emotions that you live with constantly that are the result of the interaction between your Attachment Strategy and your developmental environment and developmental relationships.
- *Personal Blueprint*. The one pattern of behavior that you use over and over to try to make your life more emotionally comfortable. This pattern is seen daily, even many times a day. The pattern was developed by you as a way to manage the interaction between your Attachment Strategy and your developmental environment and developmental relationships. Having this pattern made clear to you is a great Ah Ha! Experience.
- *Narrative*. Your brain's memorialization of the memories of your interactions with emotionally important others, modified by the way your brain manages memories and conducts its housekeeping. This is the pattern that defines your life in a broad perspective.
- *Attachment Process*. The pattern that describes and defines what will be the outcome in relationships that are emotionally important to you. These relationships include personal and work relationships as well as your relationship with your job or organization.

There is a strong focus on showing you the patterns that keep you from enjoying the moment and teaching you how to be in the moment in order to create peace of mind.

At the end of the assessment you will have a clear picture of your Personal Working Model, with its interactive patterns (Attachment Strategy, Emotional Self-Experience, Personal Blueprint, Narrative, and Attachment Process), which are played out through your management of the 6-Core Interpersonal Competencies. The 6-Core Interpersonal Competencies are fully described in my book, *No More FacePlants*. You will be given a copy of the book and be taught the competencies as indicated by your program.

Coaching: The program is designed to help you change how you relate to yourself, and to important others...even change how you relate to your work. When you enter the program, the 5-patterns are more or less running your life. We will teach you to separate yourself from the 5-patterns by:

- Recognizing the patterns as they cue-up behaviors,
- Stopping your responses based on the 5-patterns, when those responses create faceplants,

- Teaching you to better manage the most important...for you...of the competencies, most often Trusting What's Within and Realistically Evaluating Yourself, Others & The Situations You are in, with a focus on what you really need, not what you merely want...in order to create success in the way you define it with peace of mind...and a life free from faceplants.

## PROFESSIONAL FEES

*This line describes our agreement regarding the cost of the program, typically \$7,500.00, and how the fees will be paid.*

For other professional services you may request, I charge \$450.00 per hour. Other services include report writing for legal purposes, telephone conversations lasting longer than 15 minutes, attendance at meetings with other professionals you have authorized, preparation of records summaries beyond program requirements, and the time spent performing any other service you may request of me. If you become involved in legal proceedings that require my participation, you will be expected to pay for my professional time.

## BILLING AND PAYMENTS

*Fees will be paid after each meeting, unless we agree otherwise and described here.* I do not take insurance. I try to stay away from agreeing to installment payment plans. Why? I will be helping you and will be concerned with your welfare. Under those circumstances, many people begin to fall into old patterns of disappointing emotionally important others or creating anxiety in their relationships with emotionally important others, or being resentful toward emotionally important others. It will not be helpful to you if you fall into those patterns in our relationship.

In the event there has been an emergency situation and I have extended credit, if your account has not been paid in full for more than 60 days and payments have not been made, WCG has the option of using legal means to secure the payment. I do not want to be in this position. This may involve hiring a collection agency or going through small claims court. [If such legal action is necessary, its costs will be included in the claim.] In most collection situations, the only information we release regarding a trainee's meeting is his/her name, the nature of services provided, and the amount due.

## CONTACTING ME

I am often not immediately available by telephone. While I am usually in the office between 9 AM and 5 PM, I may be busy and will probably not answer the phone. When I am unavailable, the telephone is answered by a voice mail that is monitored at least twice per day. I will make every effort to return your call on the same day you make it, with the exception of weekends and holidays. If you are difficult to reach, please inform me of some times when you will be available. In emergencies only, you can try me at cell phone number on the answering machine. If you are unable to reach me in an emergency and feel that you can't wait for me to return your call, contact your family physician or the nearest emergency room and ask for the psychologist [psychiatrist] on call. If I will be unavailable for an extended time, I will provide you with the name of a colleague to contact, if necessary.

## PROFESSIONAL RECORDS

The laws and standards of Psychology require that I keep records. You are entitled to receive a copy of your records, or I can prepare a summary for you instead. Because these are professional records, they can be misinterpreted and/or upsetting. If you wish to see your records, I recommend that you review them in my presence so that we can discuss the contents. [I am sometimes willing to conduct a review meeting without charge.] You will be charged an appropriate fee for any professional time spent in responding to information requests.

## MINORS

I typically do not work with minors in this program.

## CONFIDENTIALITY

In general, the privacy of all communications between an individual being coached and a psychologist is protected by law, and I can only release information about our work to others with your written permission. But there are a few exceptions.

In most legal proceedings, you have the right to prevent me from providing any information about your coaching. In some proceedings involving child custody and those in which your emotional condition is an important issue, a judge may order testimony if he/she determines that the issues demand it.

There are some situations in which we am legally obligated to take action to protect others from harm, even if I have to reveal some information about a you. For example, if I believe that a child [elderly person, or disabled person] is being abused, I must file a report with the appropriate state agency.

If I believe that you are threatening serious bodily harm to another, I am required to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for you. If you threaten to harm yourself, I may be obligated to seek hospitalization for you or to contact family members or others who can help provide protection.

These situations have never occurred in my practice so far. If a similar situation occurs, I will make every effort to fully discuss it with you before taking any action.

I may find it helpful to consult another professional about a case. During a consultation, I avoid revealing anyone's identity. The consultant is also legally bound to keep the information confidential. If you don't object, I will not tell you about these consultations unless I feel that it is important to our work together. Practically, this has never occurred with a person in this program.

While this written summary of exceptions to confidentiality should prove helpful in informing you about potential problems, it is important that we discuss any questions or concerns that you may have at our next meeting. I will be happy to discuss these issues with you if you need specific advice, but formal legal advice may be needed because the laws governing confidentiality are quite complex, and I am not an attorney. [If you request, I will provide you with relevant portions or summaries of the state laws regarding these issues.]

Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

Signature\_\_\_\_\_ Date\_\_\_\_\_