

## **Grief Recovery and Wellness Coaching with Laurie**

**Laurie Freeman**

**Certified Grief Recovery Specialists and Integrative Wellness Coach**

**5401 South Prince Street #109 –**

**Littleton, CO 80120 – 720-841-4137**

### **Agreement, Informed Consent, Office Policies and General Information**

**The following information will answer questions you might have about me and inform you of important policies and agreements of my practice. Please read it carefully and keep it for your reference. If you have any questions, please discuss them with me.**

#### **The Coaching Relationship**

**It is my goal to create a warm and trusting environment in which all clients can feel comfortable to investigate patterns of behavior, thoughts, and/or emotions that may be interfering with specific areas of your life. My coaching approach is based on the understanding that every person has the resources inside of them to provide healing, restoration and self-actualization. My role is to facilitate change by assisting each client in discovering effective tools and resources in order to navigate their primary issues. All sessions are held in confidentiality and will not be discussed with others without permission of the client. I am required by law to report any form of neglect or abuse.**

#### **My Philosophy and Background**

**I am a Certified Grief Recovery Specialist. I received my training through the Grief Recovery Institute. The Grief Recovery Method is designed to help the griever complete their relationship to the sadness and loss that is keeping them stuck.**

**I offer individual and group sessions in the Grief Recovery Method.**

***Notice: The Grief Recovery Method programs are educational programs, not therapy or psychological treatment. The participant acknowledges that Laurie Freeman is a Certified Grief Recovery Specialist®, not a licensed therapist or counselor. If a participant desires a diagnosis or any other type of treatment from a different practitioner, the participant should seek such services.***

## **Grief Recovery and Wellness Coaching with Laurie**

**Laurie Freeman**

**Certified Grief Recovery Specialists and Integrative Wellness Coach**

**5401 South Prince Street #109 –**

**Littleton, CO 80120 – 720-841-4137**

**I am a Certified Integrative Wellness Coach. A Life Coach is known to help their client reach a goal or make a change in their life. An Integrative Life Coach does that and also assists their client to heal core issues and negative patterns while empowering them to change their life with specific action plans and effective techniques and tools. I will honor you as the expert in your lives and work and believe that you are creative, resourceful and whole.**

The work of the Wellness Coach is to help the client return to a state of emotional balance and joy in their life. This is not therapy or psychological treatment. The participant acknowledges that Laurie Freeman is a Certified Integrative Wellness Coach, not a licensed therapist or counselor. If the participant desires a diagnosis or any other type of treatment from a different practitioner, the participant should seek such services.

### **Payments**

**Payment for the Grief Recovery Method Classes and Individual Sessions are due and payable in full on or before the first meeting.**

**Client Coaching session fees are due at the time of the session.**

**I accept Cash, Checks, or Credit Cards**

### **Emergencies & Cancellations**

**Please give 24-hour notice when possible. My time is reserved specifically for you when an appointment is made. I reserve the right to discontinue your sessions or classes after 3 or more cancellations by a client in a calendar year.**

**Signature** \_\_\_\_\_