



Dr. Christina Heilman, PhD, ATC, CSCS
Mental Performance Consulting: Client Consent Form

Making the decision to engage in performance and personal excellence is one of life's positive choices. Thank you for choosing Mindset for developing your mental excellence. Please take the time to read and understand this document and ask me about any portion that may be unclear to you.

Performance Enhancement

Mental performance coaching can take a variety of forms, depending on the personality of the athlete and his/her goals for consultation. Coaching can often focus on traditional mental training (i.e., motivation, goal-setting), performance-relevant personality characteristics (i.e., fear of failure, performance anxiety), personal growth, athletic career counseling, or any combination of these performance related factors.

Mental performance coaching requires an active effort on your part. To be successful you will need to commit to addressing your concerns during your consultations, trainings, competitions, and everyday life. Applying the concepts and skills discussed 'in-session,' to the 'outside world,' is essential for related improvement with performance and / or general well-being.

Mental performance coaching can have risks and benefits. Because sessions may focus upon aspects of your performance (and your life) that are not going well, you may experience uncomfortable feelings like sadness, anger, frustration, helplessness, etc. You may also start to question your commitment and your desire to remain involved in your sport. On the other hand, mental training can help to improve performance, provide solutions to difficult situations, maintain composure under pressure and lead to renewed enjoyment and commitment to your sport or life endeavors. There is no way to predict with absolute certainty what your experience will be. In addition, there is no guarantee that your sport performance or health will improve as a result of seeking mental performance coaching.

During our first session, you'll share your story about your background, your current situation and your goals. In subsequent sessions we will identify and address your primary concerns and connect you to clear strategies to help you succeed. The required number of sessions will depend upon the nature of your circumstances and the type of help you are seeking. We can discuss different billing packages for these services (or see the Fees section below). If you require assistance beyond the scope of what I can effectively provide (i.e., psychotherapy), I will provide you with referrals for appropriate professionals.

How is Mental Performance Coaching Different from Therapy?

My professional responsibilities to you will be as your "mental strength coach". While this industry uses terms like "sports psychology," it is important to understand that I will not be your psychotherapist. If at any time it becomes apparent that you might benefit from psychotherapy, you may wish to engage with a therapist. It is sometimes common for clients to work with both a psychotherapist and mental strength coach.

Informed and Voluntary Consent

Engaging in mental performance coaching is a voluntary process. While packaged billing may give incentive for clients to remain disciplined with their mental training, you may refuse service at any time for any reason. You are under no obligation to discuss your reasons for termination. Nevertheless, I am available to discuss the pros and cons of alternative options (including no action) for addressing your concerns.



Confidentiality

General

Our mental performance coaching relationship will not have the same legal protections as we would have in a psychotherapy relationship. However, it is my practice to apply similar standards to my mental performance coaching, and to protect the confidentiality of our communications.

I will only release information about our work to others with your permission or in response to a court order or other law. There are some situations in which I must breach confidentiality in order to protect you or others from harm, such as if there is imminent risk to harm yourself, a child or elderly or disabled person. These situations are quite rare in mental performance coaching. If such a situation occurs in our relationship, I will make every effort to discuss it with you before taking any action.

Parents and guardians have the right to access information regarding their minor's mental performance coaching at any time. That said, however, I strongly encourage parents to trust that I will share any concerns that I have regarding their child or his/her behavior when it clearly jeopardizes that child's safety. If and when there is communication with parents, I will make efforts to have the child be aware of the communication. This policy is to ensure a trusting relationship with the child.

Sessions, Scheduling and Cancellation Policy

As a general rule, consultation sessions last up to one hour. This consists of up to 50 minutes of direct contact, followed by documentation and reflection.

Scheduling and cancellation of appointments are primarily through [Calendly](#) and secondarily through [email](#). Possible additional use of texting, web-based messaging or other methods of remote communication may be discussed for contexts such as convenient communication during travel. It should be noted that it is impossible to guarantee total confidentiality of information that is transmitted electronically. Further, in urgent situations I cannot guarantee that e-mail messages will be read within an appropriate period of time.

Cancellation of appointments will not be charged if you cancel with at least *24 hour* notice. If you must cancel within 24 hours before an appointment, you may schedule an alternative time. You will not be charged for appointments missed due to unforeseen or urgent medical situations.

Fees

The standard fee for a single session for an individual session is \$125. Please note that this fee schedule may be adjusted at any time.

Payment options include: checks, cash, Venmo, and Paypal.

Please make payments directly after each session or after the first session if purchasing a package. If purchasing a package that is on a month-to-month plan, payment is due at the first of the month. For late payments (5 calendar days after invoice/first of the month with packages), a late fee of \$25 is applied.

Payment of non-disputed charges are made on time per the terms of the contract while the disputed charges are being resolved.



Informational Session:

A 20-minute informational session is available for *free* prior to the first session (intake interview) to determine if mental performance training and Dr. Chris' coaching style is a right fit for you.

Intake Interview:

The first session is an Intake Interview. The purpose of this session is for the athlete to tell their story so we can better understand the athlete and his/her situation. After better understanding the athlete's situation and concerns, then suggested strategies and co-creating a plan will be provided. Available for \$125.

Individual Consultation Package:

1. **Mindset Bronze:** Over a course of a month you'll have a total of *four* coaching sessions that includes the intake interview, a mental skills assessment, and an action plan of mental strategies. Available for a total of \$450.
2. **Mindset Silver:** Over a course of three months you'll have a total of *eight* coaching sessions that includes the intake interview, a mental skills assessment, and an action plan of mental strategies. Available for \$850 or \$300/month x3 (payment due at the 1st of each month).
3. **Mindset Gold:** Over a course of six months you'll have a total of *twelve* coaching sessions that includes the intake interview, a mental skills assessment, and an action plan of mental strategies. Available for \$1,200 or \$215/month x6 (payment due at the 1st of each month).

Observation Session:

The Observation Session is a 90-minute one-on-one session where one of your practices will be observed and we'll discuss the most appropriate mental preparation strategies to improve performance. This service is for any client at any time. Available for \$250.

If you want to schedule a *home visit*, then travel fees will be discussed and added.

If at any time you need coaching, please feel free to call. Phone calls that are not scheduled for consultation and are beyond a basic question are \$125/hr. These phone calls are pro-rated and you will only be charged with the amount of time spent during our discussion.

If an outstanding balance remains unpaid after a reasonable period of time (i.e., after two invoices and one reminder letter), I may enlist the services of a collection agency. Under these circumstances only the minimum and required amount of identifying information will be provided to the collection agency.

Emergencies

If you are unable to reach me during an emergency, it is recommended that you call 911.

Rights and Responsibilities

It is acknowledged that the mental training lessons in these sessions have been created and developed by Dr. Christina Heilman PhD, ATC, CSCS, and are therefore confidential and the intellectual property of Mindset and its agents. All such information and teachings shall remain the sole property of Mindset and such information and teaching are not to be disclosed to anyone or use them in any manner outside of this training. It is agreed that any breach of this non-disclosure agreement would cause irreparable harm to me and as such I would have the right to legal relief.

By seeking the assistance of a mental strength coach you are engaging in a contractual agreement. By signing below, you acknowledge that you have read, understood, and consent to the following policies and procedures.



Consent

I acknowledge that I have read or heard this document in its entirety and that I fully understand it. I understand the nature of this activity and that I am qualified and in good physical and mental health to participate in such activity. I, the undersigned, waive and release Mindset and affiliates from any and all claims in any way connected to my participation in this training.

Participant's Printed Name

Street Address (City, State, Zip)

Email Address

Phone

Participants Signature

Date

Parent / Guardian's Printed Name

Street Address (City, State, Zip)

Email address

Phone

Parent/Guardian's Signature

Date

Choose Session (please circle one)

Intake Interview: 1 session	\$125	
Observation: 1 session	\$250	
Mindset Bronze: 4 sessions	\$450	
Mindset Silver: 8 sessions	\$850	\$300 x3
Mindset Gold: 12 sessions	\$1,200	\$215 x6

Please kindly answer two more questions:

1. How did you hear about Mindset? _____
2. Would you like to receive free tips, tools and tricks to optimize your mindset by being on the monthly Mindset Mastery eNewsletter Yes No

Thanks for completing this form. Please email or bring this form to your first mindset session.
I'm excited to start this journey with you!