



Hope & Freedom

COUNSELING SERVICES

Cristina "Tina" Wehner, MTSC, LCMHCS, CSAT-S, CPTT-S, CCBRT, CMAT, CHFP
21345 Catawba Avenue - Cornelius, NC 28031 - 704-464-0065

Hope & Freedom Coaching & Consultation Agreement

Purpose of Services

This agreement outlines the non-therapeutic services offered through **Hope & Freedom University™**, a division of Integrity Coaching & Consulting Inc.

Services include psychoeducation, recovery and relational health resourcing, skill development, practical strategies for growth, and professional feedback related to intensive therapy preparation, recovery routines, or relational healing.

These services are provide educational consulting and psychoeducational resourcing; they are **not psychotherapy or mental health treatment**.

Distinction from Psychotherapy

By signing this agreement, you acknowledge that:

- You are **not** entering into a therapist-client relationship.
- No mental health diagnosis will be rendered.
- No clinical treatment, crisis management, or medical recommendations will be provided.
- These services are for educational and consultative purposes only.
- If you are already in therapy with another provider, these services do not replace that care.

If therapeutic intervention is recommended, you may request a referral – including to Hope & Freedom Counseling Services – but that relationship would require separate clinical paperwork and a separate agreement.

Nature of Services

A. Therapeutic Consultations

(Non-Treatment Educational Consults)

These are one-time or short-term educational consultations with a licensed therapist functioning strictly in a non-clinical, non-treating capacity. They may include:

- Reviewing assessments for educational purposes
- Explaining the intensive therapy process
- Guidance on recovery resources
- Professional insight without diagnosing or treating

B. Coaching Services

Coaching services focus on:

- Education and skill-building
- Mindset and motivation
- Recovery routines
- Personal insight
- Practical tools and accountability

Coaching is not clinical treatment and does not involve therapeutic interventions. Both services share the same non-clinical scope and fall under this single agreement.

Confidentiality

All information shared will be treated with professional discretion. However, because coaching is not psychotherapy, the legal privilege and protections that apply to therapy clients may not apply.

Exceptions to confidentiality include:

- Risk of harm to self or others
- Suspected abuse or neglect of a minor, elder, or dependent adult
- Legal requirements by court order

Email and Texting

Clients may choose to communicate with me via email or text message for administrative purposes such as scheduling, appointment reminders, or clarification of assigned exercises. By initiating contact through these means, you are providing implied consent for me to respond in kind. However, please be aware that electronic communications are not secure and may be vulnerable to unauthorized access by third parties. Clients are expected to use discretion when sharing any private or sensitive information via electronic communication, and Hope & Freedom Counseling Services is not responsible for any breaches of confidentiality that may occur through these platforms.

Email and text should not be used for session-related content. These matters are best addressed within the context of a scheduled coaching session, where privacy, nuance, and clinical support can be appropriately provided. If a message indicates a need for support beyond administrative coordination, I reserve the right to suggest that you schedule a session to discuss the matter more thoroughly. You may revoke permission to communicate electronically at any time by submitting a signed written request.

Social Media and Technology Policy

To maintain appropriate professional boundaries and protect the integrity of the coaching relationship, as a general practice, I do not engage with clients on personal social media platforms such as Facebook, Instagram, Twitter, or similar channels. Connecting through social media could create a conflict of interest while working together professionally. While there is no legal or ethical requirement around this and exceptions may be made, it is common practice professionally. This also applies to communication with clients through messaging apps (such as WhatsApp, Signal, or social media DMs), as well as interaction with personal blogs, comment threads, or public online forums.

All communication will be conducted through approved professional channels, such as phone, secure email (for administrative matters), or any designated client portal. If you come across my profile on a professional directory or review site, please know that I will not respond to public comments or ratings in order to protect your privacy and uphold ethical standards. In the event that an incidental or unintentional connection is made on any digital platform, I reserve the right to remove or disconnect it without notice. This policy is designed to safeguard your confidentiality, ensure clarity in our communication, and maintain the effectiveness of our work together.

Fees & Payment

Coaching - Hourly

- Individual Coaching with Tina Wehner:
 - \$315 per 45-minute session
 - \$420 per 60-minute session
 - \$630 per 90-minute session
 - \$840 per 2-hour session
 - \$1,260 per 3-hour session
- Group Coaching with Tina Wehner:
 - \$90 per 45-minute session
 - \$120 per 60-minute session
 - \$180 per 90-minute session
 - Minimum of 3 participants required
 - Group coaching specials may vary in pricing

Coaching - Intensives

- 1-Day Coaching Intensive with Tina Wehner: **\$2,500 - 6 hours**
- 2-Day Coaching Intensive with Tina Wehner: **\$5,000 - 12 hours**
- 3-Day Coaching Intensive with Tina Wehner: **\$7,500 - 18 hours**

Therapeutic Consultations

- Individual Consultation (90 minutes): \$650
- Couples Consultation (3 hours): \$1,300

Payment is due in full at the time of booking in order to reserve your session date and time. Because coaching appointments involve dedicated preparation, scheduling, and limited availability, all payments are non-refundable and no exceptions will be made. Please be sure you are able to commit to your scheduled session prior to booking.

Unpaid Balances and Returned Checks: Unpaid balances may be referred to a collections agency, and any associated collection fees will be added to the client's bill. A \$50 fee will be assessed for any returned checks due to insufficient funds or other banking issues.

Rescheduling & Cancellations: Rescheduling requires at least **72 hours' notice**. Late cancellations or no-shows forfeit the full session fee.

Onsite Guest Accommodations (If Applicable)

Onsite guest accommodations are available at a rate of \$200 per night, with an additional \$100 cleaning fee per visit. This fee covers cleaning services, linens, towels, basic supplies, and light breakfast or snack items. Dietary restrictions may be communicated in advance, but accommodations are not guaranteed. Amenities may include a hair dryer, basic toiletries, tea/coffee makers, washer and dryer access, a fully equipped kitchen, free parking, and Wi-Fi; however, these amenities are offered as a courtesy and are not guaranteed. Guest accommodations are considered an external service and are not associated with the cost of coaching or consultations. These fees will be billed separately and are entirely optional.

Referrals & Dual Relationship Policy

If at any time your coach believes therapy or another form of professional support would be beneficial, appropriate referrals will be provided.

Because your HFU coach is also a licensed therapist, dual relationships must be avoided. Accordingly:

- Your HFU coach cannot and will not serve as your therapist through Hope & Freedom Counseling Services while providing coaching or consultation.
- If you wish to pursue therapy, your coach will provide appropriate referrals, including to another therapist within Hope & Freedom Counseling Services if available.
- A therapeutic relationship cannot begin without a separate clinical intake and signed treatment agreements.

Client Responsibilities

You agree to:

- Attend scheduled sessions on time and fully present.
- Complete recommended readings, exercises, or assessments.
- Communicate openly and honestly during the process.

Consideration of Others (In-Person Coaching): To help maintain a peaceful and respectful environment for all clients, we ask that you be mindful when visiting the office. Please refrain from wearing strong fragrances, keep conversations quiet in shared spaces, and ensure your mobile phone is silenced during appointments. These small courtesies help preserve the atmosphere and comfort of everyone in the space.

Zoom Etiquette for Coaching Sessions: To help create a focused and effective coaching environment, clients are asked to attend Zoom sessions from a quiet, private location whenever possible. If participating in couples coaching or consultations, please log-in from separate devices in separate rooms. Please minimize distractions, silence phone and computer notifications, and avoid multitasking during sessions. For the best experience, we recommend using a stable internet connection and joining the session a few minutes early to address any technical issues. If you need to step away briefly or experience interruptions during the session, please communicate this as respectfully and promptly as possible.

Disclaimer

Professional coaching may support personal growth, recovery goals, accountability, and skill development, but it is not a substitute for licensed mental health counseling, psychotherapy, psychiatric care, medical treatment, crisis intervention, or other professional healthcare services. Clients experiencing significant mental health concerns, psychiatric symptoms, safety issues, or medical needs are encouraged to seek appropriate care from qualified licensed professionals. Participation in coaching does not establish a therapist-client relationship.

By signing below, you acknowledge that:

- You are engaging in coaching or consultation as an educational service.
- You understand these sessions are not clinical treatment and do not create a healthcare or therapist–client relationship.
- You agree to hold harmless Hope & Freedom University™, its parent organization (Hope & Freedom Counseling Services), and any affiliated coaches or consultants from claims arising out of participation in these services.

Client Information & Signature

Full Name: _____ Signature: _____

Date: _____