



DEANNE CARTER, LMHC, NCC Disclosure

Thank you for choosing me as your Transformation Coach.

Treatment Philosophy

Most change occurs when the past and present are explored with a focus on letting go of past conditioning, developing healthier boundaries, improving communication, gaining emotional intelligence, and an increase in presence and body awareness, to more effectively navigate today's challenges. My role is to work with you as a team. I've provided transformation in the form of life, business, leadership, peak performance, spiritual, relationship, or trauma clearing guidance. I'm here to help you get out of your own way, to be the best version of yourself and show up for your life. After the assessment phase, I will provide you with goals and objectives for us to use as a course of action. I will be actively engaged with observations, ideas for activities and new skills, along with offering modalities to release old patterns of thinking and behaving. The length of your transformational journey will be determined by your experiences, responsiveness and goals.

Initial _____

Education and Training

I earned a Masters of Education in Counseling from the University of Puget Sound. I specialize in transforming anxiety, communication, conflict resolution, productivity, boundary issues, lack of purpose, abuse and neglect, social adjustment, spiritual resourcing, and strengthening relationships for individuals and couples. I am a Licensed Mental Health Counselor with the State of Washington, a National Certified Counselor, a Relationship Coach, NeuroCoach and a Brain Health Coach. I have completed Level Two of EMDR training, many Advanced EMDR trainings, Gottman Educator training, as well as trainings in Neuropsychology of Trauma, Tantra, Shamanism, Enlightenment, Mindfulness, Leadership, Psychology of Marketing, Vibrational Health, Restorative Touch, Reiki, Integral Psychotherapy, Bodywork and Psychotherapy.

I do not work with couples currently experiencing domestic violence.

Initial _____

Risks and Benefits

Coaching often involves discussing unpleasant aspects of your life, you may experience sadness, guilt, anger, frustration, and helplessness. On the other hand, the work often leads to better relationships, it can provide solutions to specific problems, and there is often a significant reduction in feelings of emotional distress. Feeling uncomfortable is temporary as you deepen your capacity to be fully present and improve your self-care. You are encouraged to ask questions.

Initial _____

Privacy and Confidentiality

1. Your intake form, signed disclosure, financial information, and my notes will be locked up.
2. Your right to privacy means I will not acknowledge you should we run into each other in public.
3. It is not therapeutic in relationship coaching to withhold information (ex. ongoing affair). I will encourage and support you to share secrets with your partner. If you do not wish to share or work on preparing yourself to share, I will not be able to continue working with you since secrets undermine the process of relationship change.
4. I do not accept requests on social media. Texting about scheduling will be the best way to reach me. Please do not text about other content. I typically check email first thing and late in the day Monday-Thursday.

Initial _____

Rates Venmo: @Deanne-Carter-4, 253-651-3752

- Payment is due at the time of scheduling services.
- Pre-paid services do not meet insurance or HSA/HRA/FRA requirements for reimbursement.
- Payment needs to be current to engage in your session.
- I take on-demand calls as I can. On demand sessions are \$35 each 10 min, and payment is due after the call via Venmo.

Initial _____

240 S STADIUM WAY, SUITE 101, TACOMA, WA 90402

WWW.HEARTHEALING.ORG | WWW.REVIVE-YOUR-RELATIONSHIP.COM | YOUTUBE: REVIVE YOUR RELATIONSHIP



DEANNE CARTER, LMHC, NCC
Disclosure

Thank you for choosing me as your Transformation Coach.

For Couples Coaching:

Couples Coaching is often a short-term (20-35 hours, depending on the level of distress), structured sessions to develop the tools and skills necessary to achieve your specific goals. As I will not be treating you for an individual mental health diagnosis through couples work, it is not deemed as medically necessary by insurance companies. Therefore, couples coaching is not covered by insurance and does not qualify for HSA reimbursement.

Initial _____

Scheduling

- You can either call me at your appointment time 253-651-3752, or arrange to meet on doxy. <https://doxy.me/ryr>
- I commit to hold your scheduled time for you. In the event that an appointment cannot be kept, please provide notification 24 hours in advance to avoid paying the full session fee.
- I offer extended sessions (3 or 6 hours) for individuals or couples. These are reserved with a non-refundable \$510 deposit. 48 hours confirmed cancellation notice: 50% can be used to reschedule, if possible, within 7 days.

Initial _____

Acknowledgement and Agreement

By signing below, each of us confirms this disclosure document to represent the agreement between us, you confirm receiving and reading this, you confirm your understanding of the information provided.

Signature of Provider (Deanne Carter)

Date

Signature of Client

Date