Jeffrey Bernstein, Ph.D.

Licensed Psychologist

430 Exton Commons | Exton, PA 19341

Phone: (610) 804–5078 | Fax: (610) 363–6131 | Email: drjeff4help@gmail.com | Website: drjeffonline.com

FAMILY COACHING AGREEMENT (2026)

Session Format & Fee

Family coaching sessions are conducted through a secure online platform or, if requested, by telephone. Each session is 50 minutes and costs $330.00. An initial deposit of $100.00 is required at the time of scheduling and is applied toward the session fee.

Nature of Relationship

Dr. Bernstein's family coaching services focus on helping family members strengthen their relationship skills, improve relationships with one another (including parents, children, teens, and adult children), and develop practical strategies that foster healthier communication, greater responsibility, and more positive family interactions.

Coaching may include:

- Modifying family interaction approaches to reduce conflict and emotional overreactions
- Setting and maintaining healthy boundaries
- Increasing collaborative communication, responsibility, and respect
- Improving communication skills
- Building family members' self-esteem and resilience
- Helping family members better manage their own thoughts, emotions, and reactions
- Addressing co-parenting and blended family challenges

Family coaching is educational and consultative in nature. It is intended to provide guidance, practical strategies, and support. It is not psychotherapy, psychological counseling, psychological treatment, or a substitute for mental health care.

As part of this coaching relationship, Dr. Bernstein does not diagnose mental health conditions, provide psychotherapy or psychological treatment, prescribe treatment plans, or prepare documentation for schools, courts, employers, disability determinations, or other legal or administrative proceedings.

If the Client believes they or a family member would benefit from mental health treatment, they are responsible for seeking services from an appropriately licensed mental health professional. If concerns arise that fall outside the scope of family coaching, Dr. Bernstein may recommend that the Client seek assistance from an appropriate licensed professional.

Confidentiality

Dr. Bernstein treats all coaching communications as confidential and respects the privacy of every client. Because family coaching is not psychotherapy or a healthcare service, these coaching services are generally not subject to the Health Insurance Portability and Accountability Act (HIPAA), and the legal protections that apply to psychotherapy may not apply to coaching.

Nevertheless, except as required by law, Dr. Bernstein will not disclose information shared during coaching without the Client's permission.

The Client remains responsible for all decisions and actions taken as a result of coaching discussions.

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Financial Arrangement & Payment Options

Venmo

Per session:	**$330.00**
Deposit at booking:	**$100.00**
Balance due before session:	**$230.00**

Credit Card or PayPal

Per session (includes $10.00 processing fee):	**$340.00**
Deposit at booking:	**$100.00**
Balance due before session:	**$240.00**

Checks

- Must arrive before the scheduled session date.

Invoices for paid fees are available upon request.

Sessions will take place at the scheduled appointment time using the agreed-upon telephone number or secure online platform.

Cancellations

Cancellations must be submitted in writing (email or text) at least 48 hours before the scheduled session.

Dispute Resolution

Any dispute arising from this agreement will be resolved through binding arbitration before a mutually agreed-upon neutral arbitrator. Unless otherwise determined by the arbitrator, the parties will share the arbitration fees equally.

Acknowledgment

By signing this agreement, the Client acknowledges that these services are family coaching and consultation services and are not psychotherapy or psychological treatment. The Client further acknowledges that they have read and understand this agreement and have had the opportunity to ask questions before signing.

Client (Print Name): _____

Signature: _____

Date: _____

Please return the signed agreement before your first session.