

**Jeffrey Bernstein, Ph.D.**  
**Online Family Consultation & Coaching Agreement**

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Family consultation and coaching sessions are typically done through a secure online platform or, if requested, by phone and are 50 minutes per session. The fee is \$270.00 per session. An initial deposit of \$100.00 is taken at the time of setting up the coaching session.

**NATURE OF SERVICES**

Dr. Bernstein’s family consultation and coaching model is based on his book, *10 Days to a Less Defiant Child 2<sup>nd</sup> Ed.*, and his other published works. Dr. Jeff’s Family Coaching services encompass the goals of lowering stress, improving parenting skills, sibling relationships, and enhancing relationships between parents and children, teens, and adult children, and establishing routines and habits that produce success at home and with schoolwork.

Sessions may also include strategizing and coaching parents and children in ways to modify behaviors, avoid emotional overreactions, reduce conflicts, set boundaries, increase compliance, improve communication, develop self-esteem, reduce disrespect, increase responsibility, and improve attitudes.

The focus can shift to teaching parents ways to manage their own reactions and responses to their children.

The format of the coaching sessions, depending on needs, may include the whole family, individuals, or combinations of family members.

For separated and divorced single parents, a variety of co-parenting and blended family issues may be addressed as well. Joint coparenting coaching services are not part of this agreement.

The Client understands that the Coaching relationship is in no way to be construed as Psychotherapy, psychological counseling, or as any type of therapy. This coaching relationship is not a substitute for counseling or psychotherapy. In the event the Client feels the need for professional counseling or therapy, it is the responsibility of the Client to seek a licensed professional. Dr. Bernstein will not be giving a diagnosis for the information generated to apply to any special accommodations the child might need at school.

**FINANCIAL ARRANGEMENT AND CALL PROCEDURE**

Invoices reflecting paid fees are available upon request. Parent coaching sessions are 50 minutes per session. The fee is \$270.00 per session. An initial deposit of \$100.00 is taken at the time of setting up the coaching session. Dr. Bernstein is paid by Venmo or any major credit or directly through PayPal (there is a \$10.00 processing fee for credit cards or Paypal) prior to or at the beginning of each coaching session. Checks may be sent in advance of the session as another method of payment. The Client will contact Dr. Bernstein at a prearranged time of the appointment at using Facetime or an alternative online platform.

**CANCELLATIONS:** Cancellations must be in writing at least 48 hours prior to the session.

**DISPUTE RESOLUTION:** Any disagreement arising from the terms of this agreement will be submitted to arbitration, to occur via telephone or online. The Parties agree to be bound by the decision of a mutually agreed upon arbitrator whose fees will be split equally between the parties.

Client (Print Name/Signature) \_\_\_\_\_ / \_\_\_\_\_  
(Print Name/Signature) \_\_\_\_\_ Date

Note: Invoices reflecting paid fees are available upon request. Please send this completed agreement prior to the first session via email: [drjeff4help@gmail.com](mailto:drjeff4help@gmail.com), text: 610-804-5078, or fax 610-363-6131