



Couples Coaching (Non-Clinical Service)

Couples coaching is a non-therapeutic, educational, and goal-oriented service designed to support couples in strengthening communication, increasing relational awareness, and developing practical tools for navigating challenges and growth.

Coaching focuses on:

- Skill-building and relational education
- Increasing insight into patterns and dynamics
- Clarifying relationship goals and values
- Supporting intentional behavior change

Couples coaching does not include psychotherapy, diagnosis, or treatment of mental health conditions and is not a substitute for licensed mental health care. Clients participating in coaching understand that this service is future-focused and strengths-based, rather than focused on healing psychological disorders or processing past trauma.

Couples coaching is a professional coaching relationship, not psychotherapy or mental health treatment. Coaching services are designed to provide education, guidance, and support for relational growth and goal achievement.

- Coaching is not therapy.
- Coaching does not include diagnosis, assessment, or treatment of mental health disorders
- Coaching does not replace psychotherapy, psychiatric care, or other mental health services

The provider is a licensed mental health professional; however, when providing couples coaching services, the provider is acting solely in the role of a coach, not as a therapist. The provider will not diagnose mental health conditions, treat psychological disorders, or provide clinical interventions during coaching services.

If, at any point, clinical concerns arise that are outside the scope of coaching, including but not limited to trauma processing, severe emotional distress, substance dependence, or safety concerns, the provider will discuss appropriate referrals to licensed mental health professionals.

Coaching services are not psychotherapy and are therefore not subject to HIPAA. Reasonable efforts will be made to protect privacy; however, coaching confidentiality differs from legally protected therapeutic confidentiality.

Limits to confidentiality include:

- Risk of harm to self or others
- Abuse or neglect of a minor, elder, or dependent adult
- Court orders or legal requirements

Clients may not simultaneously receive coaching and psychotherapy from the provider. If a transition between coaching and therapy occurs, it will be clearly discussed, documented, and agreed upon by all parties.