

Parent Coaching by Stephanie O’Leary, Psy.D.

MEMO OF UNDERSTANDING

The service that I offer is parent coaching. As a parent coach, I work with parents, caregivers, and families to help them create clear direction in their parenting approach, to help them be more focused, attentive, and organized, to improve their confidence, to encourage their personal fulfillment, to help them communicate more effectively for better relationships at home, to help them to stop repeating thinking and behavior patterns that limit their success, and to empower themselves.

Coaching is not a medical, mental health or any other type of health service. It is not psychotherapy or mental health counseling. No diagnosis or treatment of, or advice regarding, any medical or mental health condition or illness is offered. Coaching cannot substitute for, and is not an alternative to, medical or other healthcare diagnosis and treatment when a medical or mental health condition or illness is present. Individuals are advised to seek diagnosis, treatment, and advice regarding medical or psychological conditions or illnesses from physicians and other licensed healthcare and mental health professionals.

I hold a doctoral degree in Clinical Psychology with a specialization in Neuropsychology from the Georgia School of Professional Psychology and completed training in at Children’s Healthcare of Atlanta Department of Neuropsychology, Emory University Medical School’s Autism Center, and the Andrus Children’s Center in Westchester, NY. Although I am licensed as a clinical psychologist in New York State, coaching is not considered a healthcare service for which licensure is required. Health insurance companies do not reimburse for coaching services. If you wish mental health assessment, counseling, or psychotherapy, then I can provide you with referrals at your request.

Please sign below indicating that you understand the nature of the parenting coaching services that I offer, and that you have had the opportunity to ask any questions you might have about them.

Name (Print)

Signature

Date