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MINOR ASSENT or PERMISSION FORM

What I do:

People come to see me for lots of reasons but mostly for stress. Every person experiences stress and it can be caused by school and homework, friends or bullies, siblings or parents. If you are here today, you are probably feeling some stress somewhere in your life. I help kids by giving them some “tools” so that they can manage their stress better and feel happier.

Our Agreement:

Before we work together, there are some rules that we have to discuss. Maybe you asked to come and see me or maybe your parents asked you to come see me (or maybe they just *told* you to). However you got here, I only work with people who decide on their own to work with me because coaching works better when both people want to practice together and like each other.

BUT before you decide, I am asking you to come and see me **4** times. At the end of the 4th time, you can decide to hire or fire me. If you “hire” me, then I will have a meeting with your parent(s) to share my plans and ideas. Then you and I will start to work on things together. If you do not like me for whatever reasons, you do not have to come back after the 4th time.

By signing below you are giving me your permission to meet with you and that we have talked about confidentiality.

Your signature

Date

Dr. Adria's Signature

Date