



## General Information

### Philosophy

Get Your Head In The Game is dedicated to maximizing one's performance and enjoyment of any chosen endeavor. Performance excellence is more than a singular focus on winning; it requires a balance in life. All aspects of a person's life--- family, friends, school/work, sport and faith--- are essential elements of this balance.

### Background

I offer a unique "total package" of services as one of the few individuals in the United States with expertise in performance enhancement, clinical/counseling psychology, family issues, eating disorders and substance abuse. I am a Licensed Psychologist who began working in the mental health field in 1972, and pursued a formal re-specialization in sports psychology in 1996. I have been fortunate to work with a number of outstanding individuals, including professional and world-class athletes as well as amateur athletes, performers, entertainers, professionals and businesspersons. I am a triathlete, skier and practitioner of t'ai chi. In addition to working directly with individuals and teams, I have written extensively on peak performance and work-life balance in internationally distributed sport magazines and professional journals, and have co-authored the book, *You're On! Consulting for Peak Performance* (2004) and contributed a chapter to *The Sport Psych Handbook* (2005).

### Confidentiality

All conversations and even the fact that we are working together are confidential and cannot be disclosed without your consent.

Under North Carolina law, minors (persons under the age of 18) do not have legal right to confidentiality. Parents have access to all records of children under the age of 18. When working with a client that is a minor, I ask that the parents consent to a modified confidentiality. While it is often important to discuss general issues with the parent(s), I ask to keep the details of conversations between the client and myself private. At the same time, I reserve the right to share information if I feel that keeping it secret would significantly erode the parents' trust (such as not disclosing a pregnancy). Such situations are rare, but if one should arise I will first inform the athlete of my dilemma and give the opportunity of either a) the client telling the parent; or b) the client and I talking to the parents together.

There are certain circumstances when the law requires exceptions to the rule of confidentiality. If I suspect that child abuse has occurred, I am required to report it to the authorities. If I believe that a person is in clear and imminent danger to oneself or another person, I am required to notify appropriate authorities to prevent harm from occurring. If a judge considers information from our sessions necessary for "the proper administration of justice," I can be required to disclose information from the sessions. Also, if it became necessary to contact an attorney or collection agency for payment of fees, then your name, identifying information about how to reach you, and the amount owed becomes available to these agents.

### Working with Multiple Performers

Just as a coach may work with several athletes at one time, there are occasions when I work with persons that may compete against one another. In these situations my goal is for each individual to maximize his or her physical and mental potential. Information shared by a client is never used to provide an advantage for another.

**Payment** Fees are payable in full at each session. Payment may be by check, VISA or MasterCard. Monthly retainers and contractual arrangements are secured by either a VISA or MasterCard and will be charged to the credit card on the first business day of each month.

**Charges** Services are provided either on an **hourly basis** or as part of a **coaching contract**. The contract option is available to a limited number of clients (athletes and executives) who are committed to a long-term coaching relationship. To be eligible for the contract, a person must first have a minimum of four individual sessions to insure there is a good “fit” for an ongoing relationship.

Our **Special Client Services** are for those individuals with exceptional needs for privacy and discretion. For these individuals, sessions are arranged either at alternate locations or at hours when there will be no other persons in our lobby. I personally maintain all client records so that staff access is restricted to basic billing information.

	Service	Fee
<b>Hourly Fees</b>	<b>Standard session (45-50 minutes)</b>	<b>\$320</b>
	Consultation (5-10 minutes)	\$120
	Consultation (15-25 minutes)	\$180
	Consultation (26-40 minutes)	\$260
	Extended consultation (more than 50 minutes)	\$320 per hr.
	After hours consultation (after 5:00, weekends or holidays)	\$500 per hr.

Special Client Services

All services (including support, travel time, etc.) \$500 per hour +\$2000 deposit

**Late cancellation or missed appointments** If you are unable to keep an appointment, kindly give us 24 hours notice; otherwise charges will be made for the time reserved in your behalf.

**Insurance** Our mission at *Get Your Head In The Game* is helping individuals sustain performance in pressure situations while maintaining a sense of balance and sanity in life. We offer coaching services rather than psychotherapy. Medical insurance is specifically for the treatment of diagnosable conditions (such as anxiety, depression, etc.) that markedly interfere with an individual being able to function at a normal level in social, work or interpersonal situations. While many of the issues that we address and the skills that we use are similar to those used by therapists, our clients typically are functioning fairly well in their lives and seeking improvement rather than to alleviate suffering. If we are addressing issues that impact work performance, services may be tax-deductible as a work related expense, or eligible for reimbursement if your company has a flex benefit plan. Check with your accountant or your company benefits program to determine if you are eligible.

**Collection of unpaid accounts** If it becomes necessary to contact an attorney or collection agency on a delinquent account, you will be responsible for payment of these collection services, in an amount equal to fifteen percent (15%) of the outstanding balance of your account.