

Ellen Forney - Rock Steady Mental Health Coach Application Form

Please fill out the following to help determine if we are a fit to work together at this time, and to give us a running start if we do. Submitting this form does *not* commit you to signing up for the program. **If you'd like to request a 20-minute consultation before signing up for the program, please let me know in your email with your application.**

Information you provide here is held in confidentiality. Feel free to leave blank any questions you would rather not answer in print. Email the filled-out file to rocksteadycoach@protonmail.com, or if you would rather print the form and send by mail, you can send it to Ellen Forney, Rock Steady Coach, 212 Broadway E, #20442, Seattle WA 98102.

Basic Criteria

Please check that you...

____ Are fluent in English and 18+ years old.

____ Are actively seeing or have an identifiable connection to a mental health professional. My coaching complements, but doesn't replace, your work with a clinician.

____ Are not in such acute mental distress right now that you would be better served by a therapist or psychiatrist (e.g., suicidal, psychotic, in the acute phases of mania or depression, processing deep-set trauma, or dealing with addiction or substance abuse). Please note that if acute issues come up during our work together, we will agree to suspend our sessions until you're back on track. Help with these issues is beyond what I can offer!

____ Are able to fill these technical requirements: a Zoom account (free), your phone or computer with camera and audio, a comfortable, private space, and reliable internet access. (Note, if you have disability issues that impede these, e.g. hard of hearing, please let me know and we can discuss options.)

____ Are able to pay in full in advance (see Payment Policies).

If you checked all of the above, please fill out the remaining pages. If you have questions about any of these criteria, I'd be happy to discuss them with you.

Personal Information

Name:

Mailing Address:

Age:

Pronoun(s):

Phone:

Okay to leave a message? Y/N

Email:

Referred by (or, how you found your way here):

Emergency Contact:

Mental health provider(s), including what kind of caregiver and kind of treatment:

Health and History

What do you do, for work and/or personally important interests?

If you have a mental health diagnosis(es) from a doctor, what is it? Or, if you don't have a diagnosis, how would you describe your mental health issue(s)?

Do you have any physical or other health issues you'd like me to know about (disability, chronic condition, injury)?

Have you ever had delusions or psychotic episodes? ____ If yes, please describe, and how long ago?

Have you ever had a stay in a psychiatric hospital? ____ If yes, please describe, and how long ago?

Have you ever attempted suicide or had suicidal thoughts? ____ If yes, please describe, and how long ago?

Do you take psychiatric medications? ____ If yes:

What are you taking now? How are the side effects?

What have you tried in the past? How were the side effects?

Do you consume alcohol or cannabis? ____ If yes, about how much (per week or per month)?

Do you consume any other drugs, recreational or medical? ____ If yes, which one(s) and about how much?

Working Together

What are you hoping to work on with me?

How would you describe your current self-care?

Is there anything else you think I should know about you, at this point?

Which program(s) are you interested in? (Descriptions below.)

Rock Steady Coaching Packages:

Rock Steady Program, Part 1: Foundations

8 sessions, 90 mins. each, meeting once a week.
\$1800

This program will help clarify your goals, map a personalized plan of action, and develop and reinforce skills and tools for your long-term stability. We'll problem-solve with an understanding of what bipolar is like from the inside. Includes customized homework between sessions, unlimited emails, and some actual mail I'll send to you via post.

Rock Steady Program, Part 2: Broaden & Deepen

4 sessions, 90 mins. each, meeting once a week
\$900

With the goal of long-term stability, the second step for making new habits last is to practice and reinforce them. Part 2 gives you the time and accountability to stay on track and deepen the skills, routines, and tools you developed in Part 1, and the opportunity to add new ones. Includes unlimited emails and some actual mail via post. Prerequisite: Rock Steady Program, Part 1.

Rock Steady Program, Part 3: Maintenance

Single sessions, 90 mins. each, individually scheduled
\$225

Schedule a tune-up after you graduate the Rock Steady Program for some extra accountability from your coach, or schedule several to keep yourself on track. Check in anytime you need to reboot or problem-solve. Includes unlimited emails and some actual mail via post. Prerequisite: Rock Steady Program, Part 1.

Full-On Rock Steady Program, Parts 1-3:

Parts 1 and 2, plus two Maintenance sessions
\$2,835 (10% discount)

Ready to commit and dive in? Want to make sure to get the same time slot for the duration of our time working together? Want 10% off the price of signing on separately? Sign on for all three parts of the Rock Steady Program.

Let's Do Lunch! An informal hour

\$150

Just want to chat or ask a question? Want to talk bipolar with someone who knows what it's like from the inside? Let's do lunch! Includes limited emails and some actual mail via post.

20-Minute Consultation

No charge

A brief meeting for information and questions, and to see if we're a fit to work together.

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Payment and Cancellation Policies

My fee is \$150 per hour. The full amount of the program needs to be paid in advance. Clients must give at least 24 hours notice to cancel and reschedule an appointment. If you miss an appointment or cancel within 24 hours of the scheduled session, you will forfeit the session and its full fee. Please check that you understand and accept this policy. Initials: _____

Consultation

Please include in your email if you're interested in a 20-minute free consultation.

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Thanks, and I look forward to meeting you!

Your signature (or print your full name) and date: