



**DEANNE DIETZ, LMHC, NCC**

## Disclosure

**Transformational Coaching for anyone in the US, and therapy for any WA resident.**

### Why do I need a Disclosure?

Thank you for choosing me as your Transformational Coach. Coaching is for anyone in the US, who would like transformational work to grow and evolve into your true nature, live your purpose, and feel fulfilled. These office policies allow my primary focus to be on the healing work. The following disclosure information is meant to respect your right to be informed.

### Treatment Philosophy

Change occurs when past programming gets cleared and updated with clarity of values, healthier boundaries, improved communication and emotional intelligence, and an increase in body awareness to receive guidance from within. Your internal guidance (mental, emotional, physical, spiritual) will set the direction of your goals.

Coaching is appropriate for working on particular themes (ex. perfection, procrastination, avoidance of intimacy, lack of clarity, not feeling worthy or enough, playing small, controlling or other dominating behaviors), or specific triggers (ex. when others ignore you, you're not appreciated, you don't feel safe) AND you have enough self-regulation to come to your session with a focused intention, and be able to participate in the clearing work, along with tools to self-soothe or calm your nervous system after a session.

The number of sessions will be determined by your experiences, goals, and follow through.

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### Education and Training

Licensed Mental Health Counselor with the State of Washington (LH60095901), and a National Certified Counselor (287465). Masters of Education in Counseling, University of Puget Sound.

Level Two EMDR training, Brain Spotting, Somatic Experience, Interpersonal Skill Building, NeuroAffective and Attachment Repair, Positive Psychology, Complex and Developmental Trauma Clearing, Peak Performance, Brain Health, Mindfulness, Transformational Coaching, Ego State Therapy (parts work), Gestalt, Bioenergetics, IADC (Induced After Death Communication), Gottman Educator training, the Vibrational Health Institute program, Shamanism and other PsychoSpiritual modalities, a nine month Restorative Touch program, a year long practicum for Integral Psychotherapy, Bodywork and Psychotherapy, and many other trainings. I do not work with individuals experiencing chemical dependency as their primary problem. I do not work with couples currently experiencing domestic violence.

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### Risks and Benefits

Coaching involves discussing unpleasant aspects of your life, you may experience difficult emotions. It is assumed when you've selected coaching instead of more intensive therapy, that you are capable of regulating your emotions and are able to self-soothe outside of sessions. This transformational work often leads to feeling more free, authentic, and alive with purpose. You will deepen your capacity to be fully present to your experience and improve your self-care., which I guide you through. You are encouraged to ask questions and practice the resourcing tools provided.

Initial \_\_\_\_\_

### Policies and Procedures - Initial Contact, Scheduling

- When you are ready to schedule, contact me through the website, indicate you want Transformation Coaching. Provide your name, email, phone number, possible times and Time Zone.
- Typical hours are Mondays 2:45-6pm PST, Tues-Thursday 9am-4pm PST
- Sessions are online via Zoom or [www.remotemdr.com](http://www.remotemdr.com). You will receive a link for our session.
- Payment is due at the time of scheduling to confirm your appointment.  
90 minutes: \$312.50
- The cancellation policy, for confirmed cancellations, for any reason, is as follows:  
7 days or more from appointment time: 100% can be used toward rescheduling within the next 30 days.  
48 hours to 7 days = 50% used to reschedule within 30 days.  
Cancellation within 48 hours or less from start time = 0% used toward reschedule.



Policies and Procedures Continued

Policies and Procedures In Person Appointments (Tacoma, WA)

- If you would like to make arrangements to meet in person:
  - The office space is shared with others. The use of masks nor vaccination status are monitored. Sanitizer and hand washing are available. There are 3 air filters circulating the 400sf space 12x per hour (hospitals are 8x/hr). You can switch to online at any time you are concerned about your health.
  - If you are paying cash for your next appointment or updating your information, please do this at the beginning of your session.

Initial \_\_\_\_\_

Policies and Procedures Contact Outside of Appointments

- I provide telephone consultations without an appointment when it is possible. These can be to clarify something we spoke about, have a mini coaching session, or share something.
- \$35 per 10 minutes, due by Venmo after the call. Venmo: @Deanne-Dietz-111, 253-651-3752
- I do not accept requests on social media. Text or email about scheduling. Please do not text about personal content.
- I typically check email in the morning and late in the day Monday-Thursday.

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\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date