

## **TSM COACHING AGREEMENT**

The following represents the Contract between (\_\_\_\_\_), known as "Coach" and (\_\_\_\_\_), known as "Client"). The Services contracted shall be limited to those of TSM coaching, as set out below. Please read it carefully and raise any questions or concerns that you have with the Coach before agreeing to the Contract. This agreement will begin upon acceptance by the Client and shall remain valid for the duration of the Client-Coach relationship.

**Please note that life coaching should not be used as a substitute for counseling, psychotherapy, mental health care or substance abuse treatment and the coaching is not to be used in place of any form of diagnosis, treatment or therapy.  (Check box to acknowledge.)**

### **Description of The Sinclair Method**

The prescription opioid antagonists naltrexone and nalmefene are at the heart of the Sinclair Method (TSM) for alcohol use disorder. When you take an opioid antagonist prior to drinking, it blocks endorphins, the naturally occurring opiates in the brain, from binding to receptors when alcohol is consumed. When the endorphin receptors are blocked, alcohol doesn't give the same reward that drives you to drink excessively.

*Over time*, your brain learns not to associate alcohol with reward, resulting in reduced cravings and improved control over alcohol use. This means that a process called extinction will likely occur. The learned behavior of substance abuse may be extinguished.

### **Use of TSM Coaching in motivating and guiding you through your journey toward overcoming alcohol use disorder.**

Your TSM Coach provides individualized guidance as you maneuver your way through the process of extinction. Your Coach will offer tools for maintaining motivation for compliance, and help you navigate through challenges you meet while utilizing the Sinclair Method.

### **Client Responsibility**

The Client accepts and agrees that the Client is 100% responsible for their progress and results from TSM Coaching. The Coach makes no representations, warranties or guarantees verbally or in writing.

### **Confidentiality:**

The Coach respects the Client's privacy. Any confidential information shared by participants is confidential. Parties agree not to disclose, reveal or make use of any confidential information for any transaction.

### **Cancellation Policy:**

The Client agrees that it is the Client's responsibility to notify the Coach 24 hours in advance of the scheduled meeting. Coach reserves the right to bill Client for missed meetings.

### **Termination:**

The Client agrees that the Coach or the Client may terminate this agreement at will.

### **Limited Liability:**

Except as expressly provided in this Agreement, the Coach makes NO guarantees, representations, or warranties of any kind or nature, express or implied with respect to the Coaching services negotiated, agreed upon, and

rendered. In no event shall the Coach or the C Three Foundation be liable to the Client for any indirect, consequential, or special damages. Notwithstanding any damages that the Client may incur, the Coach's entire liability under this Agreement, and the Client's exclusive remedy, shall be limited to the amount actually paid by the Client to the Coach for all coaching services rendered through and including the termination date.

**Entire Agreement:**

This document reflects the entire agreement between Coach and Client, and reflects a complete understanding of the parties in respect to the subject matter. This Agreement may not be amended, altered, or supplemented except in writing signed by both the Coach and the Client.

**Binding Effect**

This agreement shall be binding upon the parties hereto and their respective successors and permissible assigns.

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Client's typed name will serve as a digital signature.

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Date