



## Phone Coaching Agreement

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Rationale: Not all therapy can be done within the context of individual sessions and skills class. Sometimes, it may be necessary to call your individual therapist for coaching, especially in crisis situations when your urges for problem behaviors may be higher than normal.

### Reasons for phone coaching:

1. Learn to generalize the skills to your personal life
2. Practice changing ineffective ways of asking for help
3. Repair the relationship with the therapist
4. Share celebratory news

### Goals of phone coaching:

1. Decrease target one behaviors
2. Increase generalization of skills
3. Decrease sense of conflict, alienation, or distance from the therapist

### What to expect during phone coaching:

- Calls are brief (between 5-8 minutes) - After a brief description of the crisis, your therapist will ask you what skills you have already tried and help you generate ideas for alternate or additional skills
- Phone coaching calls are not intended for analyzing a crisis, generating solutions for the crisis, or solving the crisis. They are to assist you in getting through the crisis without making it worse, so that at your next session the crisis can be analyzed and problem solved
- To assist with generalization and comprehension, you may call when you are not in crisis to get clarification on a skill
- Your individual therapist will discuss with you what hours they are available, how long to expect for a return call, and what to do in case your therapist isn't able to get back to you quick enough

**\*\*\*24 Hour Rule:** You are responsible for calling your therapist before you engage in your target behavior. Calling after engaging in target behaviors is ineffective and not appropriate. The reason behind this is that your therapist is most helpful to you before you engage in a target behavior. Therefore, after engaging in your target behavior, you are not permitted to call your therapist for 24 hours. If you do call during that time, you will be

instructed to contact other resources and the call will end.

Client Signature: \_\_\_\_\_ Date:  
\_\_\_\_\_

Therapist Signature: \_\_\_\_\_ Date:  
\_\_\_\_\_