

## Ellen Forney - Rock Steady Mental Health Coach Application Form

Please fill out and email your application to [rocksteadycoach@protonmail.com](mailto:rocksteadycoach@protonmail.com).

This application will help me get to know you and help determine if we are a fit to work together at this time. 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, please let me know in your email with your application.

Information you provide here is held in confidentiality. Please feel free to leave blank any questions you would rather not answer in print.

### 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 an episode 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 the technical requirements of a Zoom videoconference, including 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, how many times 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?

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

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

## **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. This 4-session program may be repeated to create a longer, ongoing series of sessions. 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:**

Please email your application to **rocksteadycoach.com**. Thank you!