

Once we receive this signed document, we will contact you to schedule your 2nd appointment.

Cost is US\$245 for a 45-minute online session.

Please indicate your form of payment:

_____ Use the credit card used for my first session

_____ I wish to use a new credit card [Please email us]

Self-Help Coaching Agreement – Reid Wilson, PhD

You have requested online self-help coaching with Reid Wilson, PhD. This document constitutes our letter of agreement and must be signed* prior to any additional session.

- These sessions will take place via interactive video-conferencing (i.e., virtual “face-to-face” sessions).
- In the sessions, Dr. Wilson will answer your specific questions to the best of his ability on topics related to anxiety disorders – including panic disorder, specific phobias, social anxiety and generalized anxiety disorder – as well as symptoms of OCD.
- Dr. Wilson will inform you if any of the problems that you would like to address are outside of his skills.
- This specific self-help coaching is absolutely distinct from both diagnosis and treatment of a mental health disorder. Dr. Wilson cannot and will not diagnose you or provide treatment to you regarding the questions and problems you present.
- If you are currently in mental health treatment, it is best to ask your provider if you can consult with Dr. Wilson on self-help strategies.
- No suggestions that Dr. Wilson offers are intended to supersede the advice or instructions of your health and mental health providers.
- You should consider any advice Dr. Wilson gives you as a suggestion that you can accept or reject. You are not obligated to take actions based on his suggestions. You are free to ignore any or all of his advice.
- Dr. Wilson is not responsible for any accident or injury that may occur.
- You must pay for a session within 48 hours of scheduling the appointment, or the appointment will be canceled.

- You can cancel an appointment without charge prior to 48 hours before the scheduled appointment by emailing drwilson@anxieties.com.
- If you cancel an appointment within 48 hours of the scheduled appointment, you will be charged 1/2 fee.
- If you miss an appointment without notification, you will be charged full fee.
- You understand that video meetings are vulnerable to interruptions and technical difficulties.

If you have questions about this document, please correspond with Dr. Wilson by emailing drwilson@anxieties.com.

By signing this document, you are declaring that you agree with the following statement:

I have read this document and have had the opportunity to ask questions. I understand the limitations of these self-help coaching sessions via video conferencing.

Signature* _____ Date _____

Print Name _____

* Typing your name in this Signature space constitutes your signature.