

positive. discipline. *love.*



SHINING LIGHT ON THE POWER OF PARENTING

Welcome to my parenting classes and coaching support. Please read the following form to learn more about my qualifications and policies. I look forward to working with you and your family, helping to lay a strong foundation for your family's health and happiness.

Qualifications:

I am a Nationally Certified School Psychologist (NCSP). I also hold a masters degree in School Counseling and am trained intensively in the Positive Discipline Method. As a Positive Discipline trainer, I am qualified to teach parents, school professionals, and train others to become parent educators.

Class Philosophy/Orientation:

The Positive Discipline Method was created by Jane Nelson and Lynn Lott, and is based on the work of psychologists Alfred Adler and Rudolf Dreikers.

Many people believe they have only two choices when working with children – they can choose to be PERMISSIVE (overly kind) or they can choose to be AUTHORITARIAN (overly firm). Research clearly shows that both these choices are equally ineffective in helping children reach their full potential. POSITIVE DISCIPLINE (kind and firm) creates a highly effective middle ground between permissiveness and authoritarianism that respects the child, the adult and the situation. Through mutual respect children feel a sense of connection as they develop the life skills of respect, cooperation, concern for others and self-discipline. The effects are long-term as children discover their own capability and significance in an atmosphere of acceptance and encouragement.

Organization of Classes:

Both the workshop and weekly classes incorporate a combination of lecture, group discussion, activities and role-playing. Experiential learning and active participation is emphasized at all times, and the method modeled throughout.

Organization of Coaching:

Two sessions: The first session runs 2 hours to go over your biggest challenges, review the Positive Discipline techniques, and come up with an action plan. The second session is an hour to follow up, go over questions, review the plan and make next steps. Unlimited support between the first two sessions over email or by phone is available. Coaching is conducted via Skype.

Role-Playing:

An important part of integrating the material is through role-playing. A pivotal Adlerian concept is the belief behind the behavior, and discovering this experientially can be profound. Role-plays will be encouraged to maximize learning potential, but are not required.

Role plays can have significant emotional developments when conducted, and by nature, are physical experiences. As such, should you choose to participate, you do so at your sole risk and are responsible for any and all resulting physical or emotional developments.

Confidentiality:

Confidentiality is maintained throughout the coaching relationship, and is valued and encouraged throughout classes among participants.

There are exceptions mandated by law, however. Below is a list of the most common cases in which confidentiality is not protected:

- Threat of harm to self: If I believe you are in danger of harming yourself, the law requires me to protect you. This may involve contacting your family or other appropriate community resources.
- Threat to harm another person: If you threaten to cause harm to another person and there is risk of injury or death, the law requires me to protect the potential victim. This may require me contacting the police as well as the victim.
- Abuse or neglect: If you report action against a child or elder (physical violence, neglect, sexual molestation), the law requires me to report such acts of abuse to the legal authorities. If you report that somebody has committed similar action against you, I am legally required to report this to the authorities.
- Court involvement: If you are involved in legal proceedings, the court may contact me. As such, the law may require me to release information. If this should occur, I will speak with you about your options.

Fees:

Rate for workshops: 89\$ per person

Rate for series: 249\$ per person or 400\$ partners, which includes book

Rate for coaching: 500\$ for two session package; additional hour sessions 150\$

Return students: Returning students may take the same class at a 50% discount.

Scholarships: Available by application, 50% discount

Cancellation Policies:

Space in a class is confirmed upon receipt of payment. A full refund is offered to cancellations two weeks prior to class, and full credit towards future classes anytime after that date. Credit is not transferrable to other types of classes (i.e. between workshops, series, or coaching.)

I require 48 hour advance notice for cancellation of coaching sessions. If you do not cancel your session within 48 hours of your appointment time, you will be charged a \$125 fee.

It is encouraged but not necessary to contact me if you will be missing a class in the series. You are welcome to make up that particular week in any other future series.

Phone Contact:

I use a cell phone as my primary business line and therefore cannot guarantee absolute privacy. This same limitation applies to email correspondence. I will make every effort to return your call as soon as possible. If you are in crisis and cannot wait for my returned phone call, please call the Crisis Clinic at (206) 461-3222. Dial 9-1-1 if it is a medical emergency.

Our Agreement:

I have read, or have had read to me, the issues in this form. I have had all my questions related to this form fully answered. I understand that no promises have been made to me as to the results of classes or coaching. Julietta Skoog accepts no liability for any use of the herein information or reliance placed upon it, and makes no representations, either expressed or implied, as to the suitability of the said information for any particular purpose. I am aware that I may end participation in classes and coaching at any time. If I leave, I will be responsible for paying for services I have already received. I agree to the points covered in this form and will make every effort to fully cooperate.

Signature of Participant:

Date:

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