



**Better Man, LLC**  
**503-473-6725**

Introduction Welcome to Better Man, LLC. This document contains important information about the terms of working with Better Man, LLC. When you sign this document, it will also represent an agreement between us. We can discuss any questions you have before you sign this agreement or at any time you have questions in the future.

Professional Disclosure In establishing our professional relationship it is important that you know about the credentials and qualifications of your coach. My name is Steven Sutton, I am the owner and operator of Better Man, LLC, and will personally provide all services rendered by Better Man, LLC under this Agreement. I am a Licensed Clinical Social Worker, in the State of Oregon (LSCW #3935). While I am not licensed to practice as a mental health professional in other states, I do work as a coach and meet with men online throughout the country. I'm a native of Oregon and grew-up in the Portland area. I earned my undergraduate degree from the University of Oregon and my Master's Degree in Social Work from Columbia University. After completing my studies in New York, I moved home and started my practice as a licensed psychotherapist in 2006 and became a certified No More Mr. Nice Guy Therapist in 2014.

### Limits Of Confidentiality

*Coach's Limits:* There are some limits the coach's duty of confidentiality under this agreement and applicable law, which are: 1. If you disclose a specific and credible threat to harm another person, the therapist may have a duty to disclose that information to the proper authority without your consent. 2. If you disclose knowledge of elder or child abuse, or serious suicidal ideations, the therapist may have a duty to disclose that information to the proper authority with or without your consent. *Technological Limits:* As you are no doubt aware, it is impossible to protect the confidentiality of information that is transmitted electronically. This is particularly true of email and information stored on computers that are connected to the internet. Despite these risks, there are also significant benefits provided by online connectivity. Clients are able to determine the extent of the technology used to facilitate their participation in the group activities by completing and returning the Technology Disclosure & Agreement to the therapist.

### Risks and Benefits of Individual Work

Working with Better Man, LLC may result in a number of benefits, including reduced stress and anxiety, a decrease in negative thoughts and self-sabotaging behaviors, improved interpersonal relationships, increased comfort in social, school and family settings, and increased self-confidence. Working with Better Man, LLC can help you be more honest and have integrity in every area of your life. You may learn a great deal about yourself. You will learn that there are other men who struggle with the same issues you do. Such benefits require substantial effort on your part, including active participation in the process, honesty, and a willingness to change feelings, thoughts and behaviors. You will be asked to work on challenges and assignments throughout the week in between sessions and group meetings. While there is no guarantee that the work will yield any or all of the benefits mentioned above it is certainly true that the more you invest the greater the benefit you are likely to see.

Your work with Better Man, LLC may also involve some discomfort, including remembering and discussing unpleasant events, feelings and experiences. You also may experience changes in your relationships as a result of your work. The process may evoke strong feelings of sadness, anger, fear, etc. There may be times when your therapist challenges your perceptions or assumptions of yourself or your important relationships, and offer different perspectives for you to consider. You should be aware that any decision on the status of your personal relationships is solely your responsibility. Finally, it is normal for clients to experience periods of feeling overwhelmed by the work. It is typical that clients feel frustrated or even discouraged before they begin to experience progress. Personal growth and change can at times be easy and swift, but can also be slow and frustrating and you should be prepared for both. If you ever have any concerns about your progress with your work you should let your therapist know about them directly.

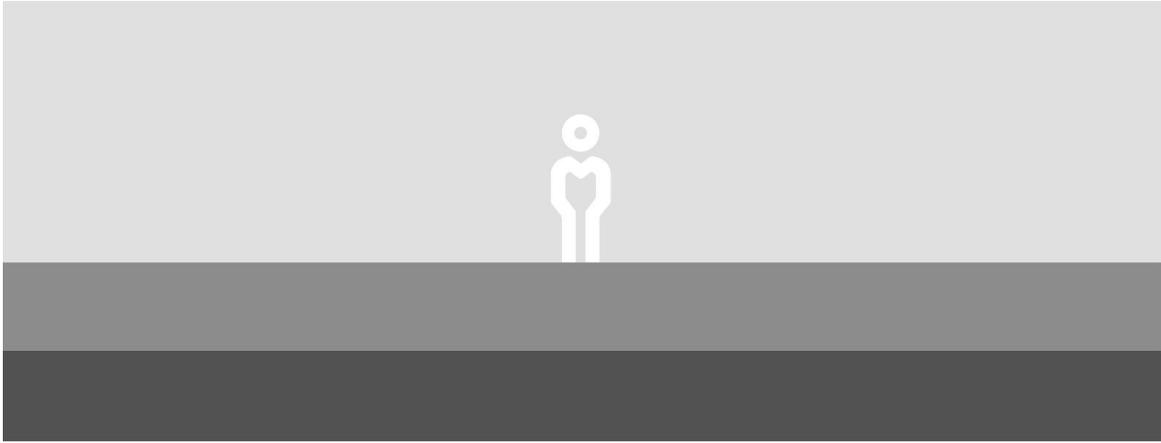
Acknowledgment by signing here, you are agreeing to all of the terms and conditions described above required for individual coaching with Better Man, LLC. Furthermore, you understand the risks and benefits associated with the work contemplated by this Agreement, you consent to such work, and understand the limits of confidentiality for information shared during individual sessions and online. You have been given an opportunity to ask questions about the Agreement and fully understand its terms.

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Member's Printed Name

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Member's Signature    Date



Better Man Projects  
info@bettermanprojects.com

Your Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address

Phone Number

Have you ever been diagnosed with a mental health diagnosis? Y N

If yes, what was the diagnosis? \_\_\_\_\_

Date of diagnosis \_\_\_\_\_

Are you currently receiving any mental health treatment? Y N

If yes, provider name \_\_\_\_\_

Provider phone number \_\_\_\_\_

Are you in a committed relationship? Y N

Please describe symptoms you're currently experiencing:

	None	Mild	Moderate	Severe
Sadness				
Suicidal Thoughts				
Sleep problems				
Obsessive thoughts				
Anxiety				
Panic attacks				
<u>Compulsive behavior</u>				
Feelings of hostility				
Social Isolation				

Briefly describe what you hope to achieve in therapy:

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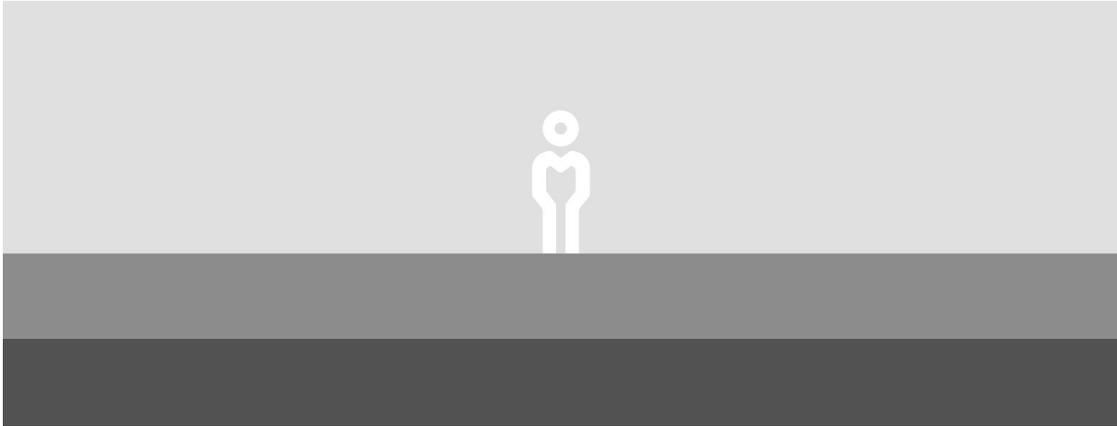
Print

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Signature

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Date



Better Man Projects, LLC  
info@bettermanprojects.com

Technology Disclosure and Agreement

It is important for members to understand the limits of confidentiality when using electronic communications to share. Please indicate your preferences below:

Individual information email

If you email documents to Better Man, LLC, such as a completed intake form, we can't guarantee the confidentiality of that information as it does not control the servers where the communication is stored and transferred. However, Better Man Projects can assure that once the document is received by the Better Man employee, it will be kept protected and confidential according to the confidentiality terms of your membership agreement. Members who choose not to consent to transmitting documents via email will exchange them in person by hard copy only at meetings or by US mail.

Better Man requests the right to electronically send information pertaining to your sessions to an email account provided during the intake process.

I agree that Better Man, LLC, may send and receive documents that contain my personal and protected health information via email.

Yes \_\_\_\_\_ , No\_\_\_\_\_.

Text and Phone Messages

Occasionally your therapist may use texts or phone messages to convey basic information to members regarding scheduling or other logistics. These messages will never be used to discuss treatment or personal information. But sometimes texts and phone calls are the most practical way of notifying members of scheduling changes or other logistical issues that arise on short notice.

I agree that Better Man, LLC, may send and receive text and phone messages in the manner outlined above. Yes \_\_\_\_\_ , No\_\_\_\_\_.

You and Better Man, LLC, may update or change this agreement at any time. If you would like to change your preferences you can request new technology form to update.

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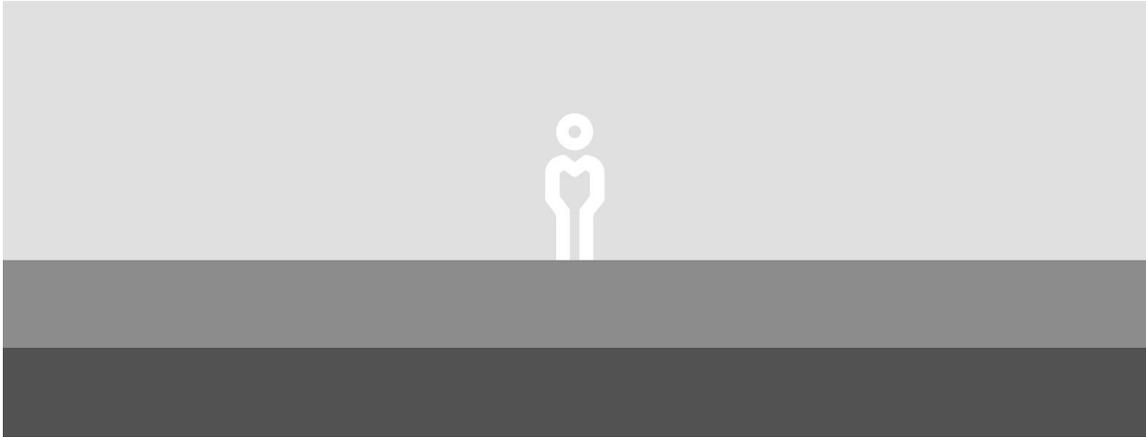
Printed Name

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Signature

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Date



Steven Sutton, LCSW  
503-473-6725

Fees

There is a fee of \$150 for each individual 55-minute session. The fee is due at the time of service unless other arrangements are made. 24 hours notice is required for cancellation. If you cancel or no-show without 24 hours notice you may be charged the fee for the session.

By signing here you agree to the fee structure laid out in this document.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Electronic Signature

\_\_\_\_\_  
Date