

CLIENT DISCLOSURE & AGREEMENT

Client: Before we begin, please read this agreement thoroughly and then sign and date it. This will let us know that you have read and that you understand and agree with what is written here. This agreement sets out the context in which you will get your best possible outcome. It also covers some of the issues of law governing our relationship.

1. I understand that Adam Heller's Zero Pain Now may be considered alternative or complementary health care under the laws of a number of states. However, I further understand and agree that the Coach I will be working with is not a licensed health care professional. I acknowledge and agree that I am not working with a licensed health care professional, nor am I expecting medical treatment of any kind. I understand that my Coach has been trained in Adam Heller's Zero Pain Now Process, and I agree that I will be working with my coach in the capacity of a personal coach. Should I want or need any medical attention or advice at any time during my participation in the Zero Pain Now Process, I agree that I will seek it from a licensed medical professional.

Furthermore I understand and agree that nothing that happens during the Zero Pain Now Process is mental health counseling or therapy, and it should not be construed as such. Further, I understand and agree that it is not a substitute for the advice of a licensed mental health professional. Should I at any time during my participation in the Zero Pain Now Process need mental health counseling or advice, I agree that I will seek it from a licensed mental health professional.

2. What to expect:

I understand and agree that my Coach will be guiding me through the 28-day Zero Pain Now Process as a form of individual training and coaching. The training and coaching may be different from what I expect. Most of my time in this process will be spent engaged in specific exercises and activities designed to assist me in becoming pain free.

3. This is a structured 28-day process and I agree to participate fully in it. I understand that the process is divided into three distinct phases:

- **Phase 1, Days 1 - 5:**

I will begin the Zero Pain Now Process on a pre-determined date, to which I and my coach/practioner will mutually agree. During this time and using the provided Zero Pain Now Workbook as a guide, I will independently complete a series of exercises. Each day I will send a short check-in note to the email address provided, providing a short update and confirming that I have completed the daily exercises.

- **Phase 2, Day 6:**

On this day, I will have a live session with my Coach. I understand that this session may last anywhere from 1 – 3 hours, depending on my individual situation, and I agree to make available as much time as may be needed to complete it. I understand that during this time I will engage in both a training session and a guided exercise, and that I will be

asked periodically to self-report on the results I'm experiencing. I agree to do all of this to the best and fullest of my ability

- **Phase 3, Days 7 – 28:**

During this final phase of the Zero Pain Now Process, I understand that I will once again independently complete a series of exercises, designed to support me in becoming pain free. I agree to do these daily exercises to the best of my ability, and that each day I will send a check-in note to my practioner, to confirm that I have completed the exercises. I understand that my Coach will be monitoring my progress throughout this period, and will be available to answer questions or address specific concerns for me as needed.

I understand and agree that I may not experience any specific desired results if I do not complete all structured activities as required.

4. This is Alternative or Complementary Coaching:

I acknowledge that my Coach is a legal Complementary Provider, and not a licensed Medical Doctor, Psychologist, Psychiatrist, M.F.T. or M.S.W. I acknowledge that the services I receive are not licensed in this state, nor are they regulated by a governmental body. I understand and agree that my Coach has been fully trained in Adam Heller's Zero Pain Now Process, and that my he/she will always provide only those services in which he/she has been thoroughly trained. I understand and agree that if my Coach cannot support me through the Zero Pain Now process, he/she may refer me to a licensed person who can offer the assistance required.:

5. Confidentiality: I understand and agree that my Coach will keep all information received from me confidential and will not disclose it to persons not trained in Zero Pain Now. I understand that all client information is kept strictly confidential and is only for the use of my Coach and my participation in the Zero Pain Now process.

6. Zero Pain Now Guarantee: I understand that Adam Heller's Zero Pain Now Process is guaranteed. I understand and agree that I will receive the support and follow-up necessary to ensure I get the results I wanted. I understand and agree that the guarantee works as follows:

I must participate fully in and finish the Zero Pain Now Process. That means I will take part in each phase of the Process and and complete every task or exercise assigned fully. I understand and agree that I must go through the entire process all the way to the end.

I understand and agree that after completing the entire Zero Pain Now process, that my Coach agrees to work with me at no additional charge until I have obtained the results I desire.

7. My Choices, My Actions, My Responsibility: During the Zero Pain Now Process I will be offered training, advice and other ways of thinking about my problem. I understand and agree that the results I achieve will be due solely to changes in my own patterns of thought and behavior. I agree that it is my responsibility to fully communicate my questions, concerns and results to my Coach. I understand and agree that if I do not communicate fully and openly with my Coach, he/she will be unable to address and help resolve any questions or concerns I may

have. I understand and agree that the liability of my Coach and any other parties is limited to the amount that I've paid for the Zero Pain Now Process and services.

Client

Coach