



Sonya Belletti

## DISCLAIMERS

**This is a binding legal contract. Please read it in full.**

This is an important legal document! If you do not understand these statements or any that follow, do not purchase our programs and discontinue use of this website.

### **Coaching Disclaimer**

The advice, and interactions presented on this website and in our products and services are solely for informational, educational, and entertainment purposes, in the area of improving personal relationships, including parenting.

The information supplied is meant to serve as tools for self-help for personal use at your own discretion in conjunction with medical and allied health professionals, mental health professionals or other licensed professionals that supports parents and children. Sonya Belletti Coaching and Sonya do not provide medical diagnoses in the context of coaching.

The author assumes no responsibility for any circumstances arising out of the use, abuse, interpretation, or application of any information supplied on this website or in our programs. You understand and acknowledge that you are in the best position to evaluate how our information will impact your personal set of circumstances, including known and unknown risks. If you use or rely upon our information, you acknowledge that you do so voluntarily.

Our role is to support and assist you in improving your well-being and your interpersonal and professional relationships, but your success depends on your own motivation, commitment, engagement, effort, and follow-through. You alone are solely and personally responsible for your results, and your background and personal resources (including life experience, motivation, social support, and individual capacity) will impact your results.

Application of the principles outlined here may vary from person to person and you accept the risk that your results may be different. We cannot and do not guarantee that you will attain a particular result.



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Do not disregard professional advice or delay seeking professional advice because of information you have read on this website or received from us.

Sonya is not a medical provider and does not engage in the practice of medicine. The information Sonya supplies is not a substitute for proper medical care by a physician, who can provide appropriate exams, treatment, diagnoses, and care recommendations.

Do not self-diagnose. Do not stop taking any medications without speaking to your physician or health care professional. If you have or suspect that you have a medical problem, contact your health care provider promptly.

Your use, or non-use, of this information is at your own risk, and you absolve us of any liability or loss that you or any other person may incur from your or their use or non-use of the information provided.

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## **Mental Health Policy**

Coach Sonya Belletti, LCSW (hereafter referred to as “Sonya”) is a licensed mental health professional in the state of Florida. However, Sonya only provides coaching services to clients of Sonya Belletti Coaching, not therapy. Coaching is not a substitute or alternative for mental health counseling, psychoanalysis, psychological evaluation, or other mental health services. Do not delay diagnosis or treatment. Do not postpone appointments, go without or adjust medications, or otherwise rely on coaching as a substitute or alternative for mental health care.

In the event Sonya determines, in Sonya's sole discretion, that coaching is not appropriate for you, Sonya will notify you of the termination of the coaching relationship. Sonya is unable to provide therapy services to you.

As a licensed mental health professional, Sonya will provide certain therapy-style documents to you at the start of the coaching relationship, although therapy will not be provided. These documents are intended to explain how certain aspects of a mental health setting may carry over to the coaching relationship.

For example, while coaching is not subject to any privilege, Sonya does strive to keep communications confidential to the extent possible. However, there are certain instances, usually pertaining to self-harm or harm to others, that Sonya will abide by mandatory reporting rules typical of mental health settings. Sonya does not provide letters or testimony for ongoing court cases or other purposes.

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