



ALLY CLAYTOR MENTAL PERFORMANCE CONSULTING CONSENT AND ASSENT DISCUSSION OF SESSION CONTENT

I (print name) _____ understand that I am voluntarily participating in mental skills training and consulting sessions with Ally Claytor. Ally has an M.S. in Sport Psychology from Georgia Southern University. Ally is also currently working towards her Certified Mental Performance Consultant (CMPC) certification, and will be directly supervised by a CMPC during the time that we are working together. I understand that all written and verbal information I share during our individual sessions will be held confidentially. My information will not be released outside of the parameters mentioned in this consent form without my written consent, except when required by law. This *may* include:

- *Abuse of a child, elderly person, or disabled person:* Ally is ethically and legally required to report all incidents of abuse that may be revealed during a session.
- *Self-harm to others:* Ethically, all threats of harm must be taken seriously. If an individual threatens to harm themselves or someone else, Ally is required to protect such persons. This may involve breaking confidentiality to ensure the safety of such individuals.
- *Supervision:* As a part of the consultation to ensure that proper ethical, effective treatment is being conducted, the content of our sessions may be discussed with a supervisor/colleague while protecting my identity. Ally and their potential supervisor/colleague are required to maintain confidentiality as a part of supervision with these same limits as described in this document.
- *Parental/Guardian Request:* When working with youth athletes (under the age of 18 years old), the athlete is considered a minor client. Therefore, the client's parents/legal guardian may make a request for information which would require certain content from the session to be disclosed per their request. When this occurs, every attempt will be made to seek permission from the youth athlete prior to disclosing such content, or to have the athlete be part of the disclosure of said information.
- *Triangulation of care:* As a part of these services, some basic information including whether or not an athlete attends sessions may be relayed to personnel as agreed upon by the client, consultant, and staff member(s). If and when any information from the mental training consultation is to be relayed to additional parties, it will be done so with the permission of

the athlete and their knowledge that said information is being disclosed prior to any disclosure taking place.

- *Technology use in consultations:* Some consultations incorporate the use of technology as a part of the communication and intervention process between athletes and consultants. Should various forms of technology be included in the consultation process (i.e. video conferencing, e-mail, text messaging, etc.), I understand that with e-consultations there may be some sensitive information that is subject to increase vulnerability using certain electronic platforms associated with video conference, email, and text messaging. Ally agrees to use the current best practices associated with e-consultations and will only use those methods which have been discussed and consented to by the athlete-client and/or team.

If I have any questions or concerns about my interactions with the mental training services with Ally, I may bring these issues to Ally Claytor at 404-227-1733 (cell) or ally@elevatecounselingco.com or Anna Kennedy at 678-216-2674. I know I have the right to discontinue my interactions at any time without penalty.

PLEASE LET THE CONSULTANT KNOW IF YOU HAVE ANY QUESTIONS ABOUT THE ABOVE INFORMATION.

By my signature, I understand the foregoing limitations of confidentiality and understand the nature of the sport psychology consultation process. I have also had the opportunity to clarify this information as set forth above.

Participant signature _____

Date _____

Parent/Guardian signature _____

Date _____

Mental Performance Consultant Signature _____

Date _____