



Application One on One Coaching



One on One = One - Doc Prosen and the other One - a Solo individual or a Joint couple.

Date: _____

First Name: _____ Last Name: _____

Email Address: _____ Cell phone: _____

Age: _____ Gender: _____ Male _____ Female _____ Other: _____

Marital Status - (Select one) : _____ Single _____ Long Term Relationship - How Long? _____

_____ Married - How Long? _____ First marriage? If not, how many _____

_____ Divorced - How Long? _____

Urgency - (Select one):

_____ The situation is not urgent but I would like to find a place on the calendar.

- I have completed the M3 Basic Course.
- I am a participant in good standing in the monthly M3 Advanced Community

_____ I've waited too long. This is a urgent. I'd like to begin as soon as possible.

- I understand that if my accelerated request is granted I will have completed the M3 Basic Course.
- If I have not, I will be granted access to the most recent M3 Basic Course. I will complete it on my own as quickly as possible but before the one on one sessions begin.
- During the one on one sessions I will watch all the content videos and the weekly Q&A videos.
- I won't be able to go through the one on one process with essential Community.
- I will be given access to a Black Belt to help me negotiate the Process. (When available)
- In order to continue my sessions, I agree and understand that I will have to sign up, pay to attend and complete the very next M3 Basic Course. When this is complete I will be granted access to sign up for the M3 Advanced Community and Content.

If you don't have enough room to answer the questions below please type "See email" in the first box. Then answer question in the email window after you have completed and clicked to submit form.

Relational History: In your own words, what do you think led you to needing one on one sessions:

Goals:

What is your short term goal for one on one sessions? _____

What is your long term goal for one on one sessions? _____

What changes would you like to see in your life? _____

What outcome do you think will make you think our time together had been valuable and successful?

Counseling History:

In the past have you worked with a counselor/coach in any context? ____ Yes ____ No

If Yes - When (approximate date range) _____

For how long? _____

Have you had more than one counseling/coaching experience? ____ Yes ____ No

If Yes - How many? _____

Were any of the experiences generally positive and encouraging? ____ Yes ____ No

Explain: _____

Did you actively participate and/or do suggested homework? ____ Yes ____ No

Solo vs Joint: I will be attending One on One sessions ____ Solo ____ Joint

If solo:

- [The solo](#) individual must have submitted a completed application.
- [The solo](#) individual must have completed the M3 Basic Course.
- [The solo](#) individual must be an active, in good standing member of the Advanced Community.

If joint:

- Both one on one session participants must have submitted a completed application.
- Both one on one session participants must have completed the M3 Basic Course.
- Both one on one session participants must be active, in good standing members of the Advanced Community.

Session Format:

- [I understand](#) all sessions are video and will default to Zoom.
- I will have the app loaded on my device before first session.
- It's important to find a quiet comfortable space free of distractions and interruptions.
- A vehicle can be a good solution.

_____ I have read and understand the above statements.

**Please read the following then click designated box after each subject.
These boxes are required to be clicked to submit application.**

Timing:

- I understand if my application is accepted I will be on a waiting list.
- I understand in most cases completion of the M3 Basic course will be required before my first session.

_____ I have read and understand the above statements.

Recommended Reading:

- During one on one sessions you will get specific recommendations from Doc Prosen's on books, podcasts, etc. that pertain to your specific situation.
- The following 6 books have become my standard recommendation as they do a good job helping people dive deeper into certain aspects of the M3 process.
- It is Doc Prosen's suggestion to begin reading these books while you are waiting for a appointment slot to open.
- The standard timing Doc Prosen suggests is working through the list 1 book per month with your partner (if you are be going to doing joint sessions).
- Reading these books will make a big difference in my progress and understanding when discussing my particular situation during the one on one sessions.

1. Facing Codependence by Pia Melody
2. Getting the Love you Want (3rd edition) by Harville Hendrix
3. Radical Acceptance by Tara Brach
4. Loving What is (The Work) by Byron Katie
5. Voice of the Heart by Chip Dodd
6. You are Not so Smart - David McRaney

_____ I have read and understand the above statements.

Solo vs Joint:

- I am welcome to begin the process solo or joint.
- Doc Prosen works with individuals on individual issues.
- Doc Prosen works with couples on couple issues.
- Doc Prosen works with individuals who are in a relationship, on relational/communication issues, often without their partner (at least initially).
- I will hear Doc Prosen say often "One person can change enough to be at peace even if the other person doesn't change at all".

_____ I have read and understand the above statements.

It's all Relational:

- I will hear Doc Prosen say "We are all in relationships with self, others, and the divine (regardless of your particular theological views)".
- Doc Prosen believes working on better relational skills starts with self and moves to others.
- Starting with self is essential on the path to living and loving from Freedom.

_____ I have read and understand the above statements.

Commitment:

I understand this application is not for a one-time session. There are several ways to submit questions for group Q&A. Individual questions can also be discussed with one of our Black Belts. I am willing and able to make a long term commitment to living and loving from Freedom for the rest of my life. No matter how long we work together I am committed to becoming a lifelong learner about how the things I don't yet know are holding me back from being my most loving self.

_____ I have read and understand the above statements.

Manage Expectations:

- The one-on-one process is for those who are willing and able to make a long-term commitment.
- Doc Prosen tells participants during their first session:
 - it takes at least 6 weeks to build trust.
 - it could take 12 weeks before I have any sense if this crazy counter intuitive and counter cultural approach is producing any fruit in my life.
 - It takes a minimum of 6 months but for most people the average is 18-24 months.
 - 100% of the couples/individuals WHO STICK WITH THE PROCESS at a minimum meet but in most cases wildly exceed their initial goals.
- Doc Prosen believes by creating the M3 process of Content, Community, & Coaching, I can condense the timing by participating in all the steps.
- Doc Prosen believes we can jump through the trust building process much quicker than 6 weeks because I have gotten to know him and his material through the Process.
- Doc Prosen believes participating in the M3 process will create a new dynamic more quickly and more deeply.

_____ I have read and understand the above statements.

Schedule:

- **Step 1** - Doc Prosen and I begin by meeting weekly.
- **Step 2** - In time, Doc Prosen will suggest we transition to every other week provided I am in agreement that I am ready to move on to that next step.
- **Step 3** - When Doc Prosen deems sufficient progress has been made, we will discuss my options for either Graduation or Monthly Maintenance (MM).
- I am always encouraged to propose moving to the next step. We will discuss to make sure we are all in agreement.
- Monthly Maintenance (MM):
 - is a consistent, consecutive once per month session (approximately every 4th week).
 - is for lifelong learners maintain their progress by staying in touch with their counselor/coach.
 - is for the participants who are daily using the Process successfully and understand it well.
 - is for the participants who like to have some help calibrating and be regularly challenged to improve.
 - is for the participants to receive the benefit of rate lock while they are meeting monthly.
 - understands that Scheduling Priority is granted to Weekly Clients.

_____ I have read and understand the above statements.

Rates/ Rate Lock/Insurance:

- **Session** rates change on average annually on January 1st. Current rates are \$295 per session.
- Sessions are scheduled for 60 minutes. They begin 30 to 40 minutes past the hour.
- An hour is blocked to aim for 50 good minutes. (When Doc Prosen was in counseling this used to irritate me. I have since come to learn the value of the process.)
- Doc Prosen locks in your rate once you begin for as long as you are regularly attending the scheduled sessions.
- Once there is a break in sessions the rate is no longer locked in.
- If I want to schedule sessions for a tune up, I will restart at the current session rate for that year.
- Insurance is not accepted or submitted
- Doc Prosen has had success using some HSA cards. I can discuss during my first session.

_____ I have read and understand the above statements.

Reduced Rates:

- Reduced Rates may be available on a limited, case by case basis.
- This requires demonstration of a financial need and may delay your start date as those spots are limited.
- The reduction amount will be determined by Doc Prosen and only applies while session frequency is weekly.

_____ I have read and understand the above statements.

Cancellations:

Cancellations only via text or phone (no email). Cancellations within 24 hours are subject to full session fee. A regular spot will be forfeited after 2 consecutive cancellations.

_____ I have read and understand the above statements.