

NRC LLC - Training and Coaching Academy – Discover Recovery Coaching Program

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Discover Recovery Coaching Program Disclaimer

NRC Discover Recovery provides non-clinical recovery coaching, education, and support services. Recovery coaching is a collaborative, person-centered process designed to help individuals identify strengths, clarify goals, build recovery capital, develop healthy coping strategies, and create a meaningful, purpose-driven life.

Recovery coaching is **not** psychotherapy, counseling, clinical case management, substance use disorder treatment, or medical care. Recovery coaches do not diagnose or treat mental health or substance use disorders, prescribe medications, or provide crisis intervention or emergency services.

Our services are intended to complement—not replace—the care provided by licensed healthcare, behavioral health, or addiction treatment professionals. Clients are encouraged to maintain appropriate relationships with their physicians, therapists, counselors, and other healthcare providers as needed.

If you are experiencing a medical emergency, mental health crisis, or thoughts of harming yourself or others, call **911**, contact the **988 Suicide & Crisis Lifeline**, or go to the nearest emergency department immediately.

Participation in recovery coaching is voluntary. Clients are responsible for their own decisions, actions, and outcomes. While NRC Discover Recovery is committed to providing evidence-informed coaching, education, encouragement, and accountability, we do not guarantee specific results.

By participating in our services, you acknowledge that you understand the nature and scope of recovery coaching and agree that these services are educational and supportive rather than clinical treatment.

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