

## ONLINE THERAPY – INFORMED CONSENT

Welcome to online therapy! Please read and check off the following statements as you understand them. At the start of your first session we will discuss and answer any questions you may have.

**Online Therapy:** Online therapy, using interactive audio and/or video and/or email, can be a highly beneficial part or entirety of therapy but it may not be appropriate or successful for all therapy needs. If face to face therapy is more appropriate, we will offer an appointment or provide referrals.

**Confidentiality:** Everything shared during therapy is confidential. However when disclosure is necessary to protect you from immediate and grave harm, to safeguard another person's mental or physical health or safety, to ensure the safety of the public or if ordered by the courts, the therapist is required to disclose.

**Privacy:** While we take every precaution to ensure online therapy is completely private, you still accept the risk that the transmission could possibly be accessed by unauthorized persons. For your protection, please use the secure Wire video conferencing software available at <https://wire.com>. While other software (e.g. Skype) will be considered if reasonably private, you assume all risks and liabilities associated with the choice to use software containing known back-doors.

**Appointments and Charges for Services:** Payment is due via pre-authorized credit card at the time of appointment and you agree that, should you not provide the required 48 hours notice of cancellation/rescheduling, it will result in a full charge for the missed session.

**Limitations:** It is important to realize that online therapy is intended to provide quality information, practical answers to psychological issues, and therapy for present problems. This service is not intended to provide in-depth psychotherapy as this particular venue is not entirely suited for such purposes.

**When should I seek traditional mental health treatment rather than internet therapy?**

1. If you are having thoughts of suicide, harming someone else or psychotic symptoms, please call emergency services at 911 or the Alberta Health-Link 811 toll free access number.
2. If you are in an abusive or violent relationship.
3. If you have been seriously depressed.
4. If you have a serious substance abuse dependence.
5. If you are under 18 years of age.

**Procedures should we encounter technical difficulties or disruptions in service:**

It is understood that when communicating by internet or other electronic means, disruptions in service or other technical difficulties will likely occur from time to time. Should a disruption occur at a time of crisis, you agree to immediately phone me at **403-819-3545**.

**By signing this form:**

1. I agree that I reside in the province of Alberta, Canada.
2. I have signed and returned a standard Consent to Counselling Services and a Credit Card Authorization Form.
3. I have read, understood and accepted the above policies and I agree to participate in online psychotherapy.

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Signature of Client

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Date