

Online Counselling Consent Form

I am happy to offer online sessions as part of my counselling services. Below is some information to keep in mind if you are looking to schedule an online appointment.

- While I use a security- certified platform for the sessions, there is always a risk in terms of confidentiality when working online. If you would like to find out more about the platform, please go to doxy.me
- Online counselling may not always be as effective as in- person meeting, depending on the nature of the topics we discuss. Some clients find it more difficult to experience deep emotional release due to lack of in-person connection, while others find it comforting to be in the safety of their own home/office.
- I cannot guarantee privacy or comfort in **your** immediate environment. Please do your best to find a space where you can feel at ease and speak freely. (i.e. turn off phone, close door, find a place that is comfortable and private)
- As technology isn't perfect, sessions may be disrupted or cut off, in which case we will continue the session via phone.
- All of the same standards and policies will apply to online sessions as they do for in-person sessions. I.e. time limit, payment, cancellation policy, confidentiality and limits of confidentiality.

If you have any concerns or questions about this form, please feel free to e-mail me about it prior to signing.

I have read and understood the Online Therapy Consent Form.

Name: _____

Signature: _____

Date: _____