

Online Therapy Consent Form



Online SUD Counseling and Limitations

I understand that on-line counseling includes the practice of health care delivery, diagnosis, consultation, treatment, and education using interactive audio and video communication. I understand that discussing my presenting concerns may cause discomfort as difficult issues are addressed and worked through. This is often a common experience of counseling in general and I acknowledge no guarantees have been made to me as to the effect of treatment in my situation. I understand that phone and on-line sessions have limitations compared to in-person sessions, among those being the lack of “personal” face-to-face interaction, the lack of visual and audio cues in the therapy process, and the fact that most insurance companies will not cover this type of counseling. I understand on-line therapy is not appropriate if I am experiencing crisis or having suicidal or homicidal thoughts. Should crisis occur, I agree to call 911, go to the nearest emergency room, or contact a crisis hotline (e.g. 916-231-4525).

Procedures for technical difficulties or Internet disruptions

As a client of Delivered2Choices, I understand that on-line counseling is technical in nature and that problems with the Internet may occur. If something beyond our control disrupts the connectivity of our session I will immediately try to video call the counselor again. If video call is repeatedly unsuccessful for 10 minutes, sessions will be:

- 1) completed via phone call to the counselor at **(916) 399-3047** or
- 2) fee forwarded based on length of session prior to disruption (e.g. less than 10 minutes the session will be rescheduled at no cost, 15-30 minutes will result in half of the fee being forwarded to next session).

Appointment Payment

I agree to pay the agreed upon fee at least 2 days prior to my scheduled appointment. If payment is not made I understand the appointment will be cancelled. I understand that payment will be made via credit/debit or prearranged agreement with the counselor (e.g. credit card or electronic information on file, which will be charged the day of the appointment).

Appointment Cancellations

If cancellation is needed, I understand that notice of at least 24 hours via phone call or email to the counselor is necessary in order to avoid any associated fees. Cancellations with less than 24 hours notice will be billed at \$25 per occurrence. Missing an appointment without prior notice will be billed at \$75 per occurrence. In addition, I understand that the accumulation of 3 late cancellations or 2 missed appointments in any combination will result in referral to another counseling provider.

Termination of Services

During the intake and first few sessions, the therapist will assess if on-line counseling is of benefit to me and my needs. The counselor will use his best judgment to determine if on-line therapy is the best medium for providing me counseling services. If online therapy is deemed inappropriate, the therapist will provide me with a number of referrals in my area so face-to-face counseling can be pursued.

Confidentiality:

Because on-line counseling utilizes (Zoom) Internet for the transmission of personal information I understand the counselor guarantee confidentiality of the personal information I provide via Zoom form of communication. However, any information that I provide to the therapist will subsequently remain confidential and will not be given to a third party unless I give specific permission to release the information, or the counselor is required to do so by law. The issue of confidentiality is further governed by both law and ethics. I understand that the therapist follows the law and professional regulations of the State of California and the counseling treatment provided will be considered to take place in the State of California.

By law I hold the privilege of confidentiality and the counselor will not release any information to anyone without my written permission, or a court order. There are some exceptions to my rights under the law. Examples include, but are not limited to, when the counselor has reasonable cause to believe that I am a danger to myself or another person. The counselor is also required by law to report any information about or reasonable suspicion of sexual, physical or emotional abuse of minors or elders to Child Protective Services or Adult Protective Services. I understand that if I have any concerns regarding confidentiality issues, I should speak with my counselor about these and other exceptions to the confidentiality privilege and his responsibility concerning them.

Harm to Self or Others

If there is an emergency during our work together where the counselor is concerned about my personal safety, the possibility of me injuring someone else or about my receiving proper psychiatric care, I understand the counselor will do whatever he can within the limits of the law to prevent me from injuring myself or others and to ensure that I receive the

proper medical care. For this purpose, the counselor may also contact law enforcement, hospital or an emergency contact whose name I have provided.

By signing this form I agree with the above.

Signature of Client

Date

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Date

Note:

In light of recent events surrounding the COVID-19 virus and the current recommendations by both the US government, Department of health, state and local recommendations, during the "Shelter at home" time we will be making the necessary changes to support the safety of all those in our counseling community.

All individual counseling does fall under business essentials and can continue to meet at my office or in the home with proper COVID-19 protocol. However, effective Monday March 23rd, we will be moving all the "in-office/in-home" sessions to "on-line sessions from home". All sessions will stay the same, and the meetings are NOT going fully online. Instead, we have purchased cutting edge Zoom software and are adding LIVE 2-WAY VIDEO conferencing of these sessions during their regularly scheduled times in both day and evenings. Once the directives have been cleared, all counseling sessions will resume meeting in person again. We will continue to keep you posted throughout this process.