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**Physical Location of Practice:
510 Zerex St., Fraser, CO 80442**

Supplemental Client Informed Consent and Disclosure for Online Therapy

Welcome! This form outlines some of the special considerations for online therapy, and is provided in addition to the standard disclosure. One of the differences of online therapy is that you are able to be in your home environment, which some clients find to be helpful in allowing the growth established in session to translate more smoothly to everyday life. Sometimes it can be challenging for clients to bring the progress of in-person counseling sessions into daily life, and online therapy can help bridge this gap.

One of the potential downsides to online therapy is that we are not in the same physical space, which is equally important for healing in therapy. For this reason, I prefer to use online therapy as a supplement to in-person therapy, although online therapy can be a stand-alone modality if in-person sessions are not possible due to geographic distance.

Distance Counseling Credentials:

- *Distance Counseling, HITECH, and HIPAA.* American Counseling Association Certificate of Continuing Education

Restrictions:

Due to variation in legal restrictions on interstate distance counseling, clients residing outside of the state of Colorado will only be taken as a client if the laws of their state of residence allows. Thus, between first contact and initial session, there may be some time required to confirm that your state allows you to engage in distance counseling with an out-of-state counselor.

Regardless of geographic location, there are some issues and interventions that are suited primarily, if not only, for in-person work, such as deep trauma work, some serious mental illnesses, and some somatic (body-centered) interventions. As you and I perform our work, there is an outside chance that we will come to the conclusion that you will be better served exclusively by in-person therapy. If for some reason I am unable to provide services in-person with the frequency necessary to provide you with therapeutic benefit, I will help you find a suitable therapist in your area.

Emergency Procedures:

During the first session we will collaborate to determine what emergency service providers are available in your area, so that you have local resources should you ever need immediate mental health services. If it seems that such services will be utilized frequently, it may be helpful for us to also discuss whether it would be more appropriate for you seek in-person counseling from someone in your area.

Confidentiality:

It is important to understand that services provided via internet have some risks in regard to confidentiality that are not an issue for in-person sessions. Despite reasonable efforts made by the therapist to minimize these risks, possibilities for breaches in confidentiality include but are not limited to unauthorized persons intercepting information transmitted over internet or unauthorized persons accessing health information. Use of a secure, private, password-protected internet connection by both therapist and client will help minimize these risks. In addition, if others may have access to your computer, be sure to completely close out of Skype after sessions and password protect your computer.

Provider of Online Services:

Distance counseling services will be provided by Lauren Stokes via SecureVideo.com, a web-based, HIPAA-compliant video conferencing program. I will schedule our sessions in SecureVideo, and you will receive your invitation and instructions in an automated email. Therefore, it is important to check or Junk Mail folder to ensure that you've received the invitation/instructions.

Connectivity

Our work together will be greatly enhanced by a good connection, and here's what I recommend for good visual and auditory support. I cannot tell you how many times a client and I have been at an important place in our discussion when the reception diminishes, resulting in a fragmented screen, or gets lost altogether. You are therefore *strongly encouraged to bypass your wi-fi and plug an Ethernet cable, available at any office supply store, directly into your computer and router.* Make sure ahead of time, as well, that your camera works well. If your computer doesn't have a built-in camera, you will need to buy one. Like the Ethernet cable, however, a camera is not terribly expensive, and will ensure that I can pick up not only on your words but on your facial reactions and body language, as well as vocal tone.

Should we lose connection, the program will attempt to re-establish connectivity. If we're unable to maintain a consistent connection, we may need to finish the session via phone. Please use 720-463-2604 if you need to reach me via phone should we lose internet connectivity.

Checking the Environment:

At the time of your scheduled appointment, use the link provided in the email, enter the passcode, and you'll enter the virtual waiting room. I will then enter the session and we will begin. It's imperative that you do everything in your power to minimize distractions and chances for interruption. Some considerations to help make the session run smoothly include:

- Ask others not to interrupt you during your video time
- Secure a private room where you know your confidentiality will be protected and no one will walk in, and/or lock the door. Take into consideration sound-proofing and whether others may be able to hear you through a wall/door/window.
- Turn off telephone ringers, televisions and other distractions
- If you have children, secure childcare for your children during your online session so that you can focus on your therapy and not be forced to stop mid-process to accommodate interruptions (sessions after their bedtime are a good solution for single parents with little available childcare).

We'll be taking your sessions as seriously as those we have in my office. Your confidentiality and safety are paramount. Come prepared to do some real work, even have writing materials and objects whose scent, texture, or visuals please you. Your environment will now become an important tool in your healing.

Payment:

Payment is due at the time services are rendered. During the first session, I will enter your credit card information, which will then be stored in a secure online practice management software. In subsequent sessions, I will charge the card on file after the session, unless you would like to use a different card than usual. This will allow you to use the time after session to think about or continue processing the therapeutic issues we talked about, without the disruption of making payment at the end of the session.

Cancellations

Cancellations made less than 24 hours in advance will be charged at half your regular session rate. Missed sessions with no call will be charged at the full rate.

It is very important that you're comfortable with the advantages and risks of online counseling, so please let me know if you have any questions or concerns with this mode of therapy. If you do not feel comfortable using this method of therapy, please let me know and we can discuss other options to ensure that you're getting the care and services best suited for you.

Client signature

Date

Client Name (printed)