



ONLINE THERAPY – INFORMED CONSENT

Life Enrichment Counseling Center, Inc., is pleased to provide HIPPA compliant online therapy also known as e-therapy for appropriate clients who prefer this counseling method vs. therapy in a traditional office setting. Our expectation is that you will benefit from online therapy as all or part of your psychotherapy, but there is no guarantee. Online Therapy may not be appropriate for your need. If I assess that face to face is more appropriate, I will offer an appointment or provide referrals.

Confidentiality: The information disclosed during the course of therapy is confidential, however there are legal exceptions both mandatory, and permissible, including child, elder, and dependent adult abuse; threats of harm to self or others, or if court ordered. Therapist will take all precautions to ensure online therapy is confidential, but client is informed that transmission could possibly be disturbed or distorted by technical failures, or interrupted or accessed by unauthorized persons.

Appointments and Charges for Services: Payment will be made through Therapynotes at the end of the session or via PayPal prior to your appointment. If you do not show up for your session there will be a cancellation fee of \$75.00. LECC, Inc., will submit claims to Blue Cross and Blue Shield Insurance for clients desiring to utilize their insurance benefits. Clients are asked to verify with their insurance company regarding their online counseling benefits.

Limitations: It is important to realize that online therapy is intended to provide quality information, practical answers to psychological issues, and online 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 online therapy?

1. If you are having thoughts of harming yourself (e.g. suicidal thoughts) or harming someone else (e.g. violent thoughts toward others) or psychotic symptoms. Please call 911 or 1-800-SUICIDE, which is the National Suicide Hotline.
2. If you are in an abusive or violent relationship.
3. If you have been seriously depressed.
4. If you have serious substance abuse dependence.
5. If you are a minor (under 18 years old).

Clients who are interested in this type of therapy must also meet the following criteria

- 1) Clients must be a resident of the State of Virginia
- 2) Clients must be an existing client or receive a brief consultation by phone to assess his/her mental health state for this type of therapy.
- 3) Clients must go to <https://doxy.me> on their computer using Chrome or Firefox or download the doxy.me app on their phone to participate in a video conferencing session.
- 4) Clients must have the necessary technology to participate in videoconferencing sessions.
- 5) Review the "HIPPA Notice of Privacy" form online at www.lifeenrichmentcounseling.com.

Dual Relationships: We will preserve the integrity of the working relationship between client and therapist. For this reason, we will not accept any invitations via social networking sites nor will we respond to blogs written by clients or accept comments on blogs from clients.

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, the patient agrees to immediately call the office at (703) 754-0636.

By signing this form:

1. I agree that I reside in the state of Virginia
2. I am aware that a "HIPPA Notice of Privacy" form is available for me to read at LifeEnrichmentCounseling.com under the "Registration & Fee" tab.
3. I agree to participate in online psychotherapy. I have read, understood and comply with the agreed upon policies.

Print Name _____

Client Signature _____

Date: _____