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TELETHERAPY AGREEMENT

You agree to the following:

1. Unless we explicitly agree otherwise, our teletherapy exchange is confidential. Any personal information you choose to share with me will be held in the strictest confidence. Just as for my face-to- face clients, I will not release your information to anyone without your prior approval, or I am required to do so by law. In Georgia we are required to notify authorities if we become convinced a client is about to physically harm someone; or if they are abusing, or about to abuse, children, the elderly, or the disabled.

2. You understand that our Teletherapy occurs in the state of Georgia and is governed by the laws of this state.

3. Helping you build the life you want is what our exchange is all about. We should not continue any process that is counter-productive in that respect. Either of us is free to terminate our relationship at any time and for any reason. If you decide to terminate, I believe it would be to your benefit to drop me a short note stating the reasons for your leaving. There would, of course, be no charge for such a note. In the unlikely event I become convinced our Teletherapy is not in your best interests (see below), I will explain that to you and suggest some alternative options better suited to your needs.

4. While Teletherapy is a great way to get help with many of life's problems, overwhelming or potentially dangerous challenges are best met with face-to-face professional support. You understand that our Teletherapy is neither a universal substitute, nor the same as, face-to-face psychotherapy treatment. You accept the distinctions made using Teletherapy vs. face-to-face psychotherapy. In particular, you accept that <u>Teletherapy does not provide emergency services.</u>

5. You are responsible for information security on your computer. If you decide to keep copies of our communication on your computer, it's up to you to keep that information secure. Unfortunately, I cannot guarantee the security of our individual servers but the service I contract with (Zoom, Doxy.Me) is HIPAA compliant, so it is confidential. It is possible, though unlikely, to intercept video in transit. If you are concerned about that possibility, we should discuss other options besides Teletherapy for your treatment.

6. Our Teletherapy is a means by which you, the client, can receive counseling, information and guidance from an experienced psychotherapist. It is perhaps most accurately perceived as a process creating, over time, a trusting and collaborative relationship. In our collaboration, you retain the right to determine which topics we cover and the depth of consideration each receives. In other words, as a client, you are free to contribute or withhold any information you choose. Moreover, you are under no obligation to apply information and/or opinions I contribute to our Teletherapy. While I hope that you will find our exchange useful in your efforts to help yourself and improve your life, it is not possible to guarantee that. Please be aware that Teletherapy therapy is best considered experimental until it's efficacy has been validated scientifically.

For safety purposes, please fill out the emergency services information below:

Local-to-you, personal emergency contact. *This person must live in the same geographic location where you will be receiving teletherapy services. I recommend that you let this person know you have listed them as an emergency contact just in case. This person will only be contacted in case of an emergency:*

Name _____

Contact Number _____ Contact Email _____

Local-to-you Police Station:

Contact Number _____ Contact Email _____

Local-to-you Hospital:

Contact Number _____ Contact Email _____

Other Emergency Contact. *This person does not have to be local but could be notified in an emergency situation:*

Name _____

Contact Number _____ Contact Email _____

Client Signature _____ Date _____