

LIGHTSOURCE COUNSELING INC. INFORMED CONSENT FOR ONLINE/TELECOUNSELING

Although online/telecounseling is a convenient and suitable option that offers potential for great benefits for certain situations, there can also be some limitations. The following potential drawbacks should be considered:

- Potential difficulty finding a private place
 - Technical problems such as an unstable internet connection, poor sound or video quality which may contribute to less effective communication
 - Potential limitations in your insurance coverage for reimbursement
 - Less visibility of emotion, verbal expression, and body language compared to face-to-face sessions
 - Potential missed opportunities for psychological, physical and social benefits associated with attending in-person
 - Particular interventions may be unavailable or less effective
- **Emergencies:** If you are in a crisis or are having a life-threatening emergency, this may require you to go to the nearest hospital, or contact 911

Format

LightSource Counseling, Inc. uses the Zoom app for online face to face sessions. You will need to download the Zoom app onto your phone or computer in order to participate in your session. Before the scheduled session you will receive a Zoom invitation via your email. There will be instructions and a link in the email that you can use to connect to the Zoom conference room. (For phone sessions, of course, you will simply call Lisa at the designated time.)

Preparation

- Ensure your laptop or phone has a microphone (and camera if you are doing a visual Zoom session)
- Confirm you have a secure connection and avoid public wifi options like coffee houses as they might not be secure
- Establish a private room in your home, and a time for your appointment that maximizes your ability to be completely alone, have privacy, and not be interrupted
- Avoid the temptation to multi-task as this will reduce effectiveness of your session
- Please no recording of your counselling session to ensure privacy and security
- In the event of a disconnection, if this results in your session lasting fewer than 60 minutes, you will only be billed for the amount of time of your actual connection. In the event either of us are disconnected, from a Zoom session, please call me at 765-730-5258, and we may continue via telephone.

I, _____, have read and understood the above Informed Consent for Online/Telecounseling, and have had sufficient opportunity to ask questions if needed. I consent by my signature below to be treated by Lisa Ferguson using the Online/Telecounseling format. I also understand that this consent can be revoked by written request only.

Name _____ Date _____