

Online Counselling Consent

Online counselling is the provision of counselling services with the provider and recipient(s) being in separate locations and the counselling taking place over electronic media.

Technology

- Your counsellor will provide online counselling using doxy.me
- You will need access to Internet service and any technological tools required to use this secure platform
- Your counsellor uses technological tools that adhere to best practices and legal standards for the purposes of protecting privacy.
- You also have a role to play in maintaining security in using reasonable protocols to protect your own information. Use devices and accounts that are password protected and the secure tools your provider supplies for sessions.
- Please do not record video or audio sessions without your counsellor's consent.
- Your counsellor will seek your consent for any recordings for purposes such as supervision.
- If you have any questions or concerns about the tools involved please address them directly with your counsellor.

Considerations

- Online counselling can be impacted by technical failures, may introduce risks to your privacy, and may reduce your counsellor's overall ability to directly intervene in crises or emergencies.

Examples include:

- Interruptions in Internet connections or loss of power services
- Hackers may have the ability to access private interactions

- Interruptions in services may mean that your counsellor is unable to help you at important moments or use the most effective tools.
- Other benefits and risks may arise from the lack of in-person contact and physical distance between counsellor and client(s). Your counsellor will assess these sometimes in collaboration with you as counselling progresses.
- Online counselling is not a good fit for every person. If it is not appropriate your counsellor will help you find alternate supports or services.
- Talk to your counsellor if you find the online medium difficult or if problems arise. Attempting to resolve these issues is an important part of the counselling process.
- You have the right to stop online counselling at any time and, if and when it is available, you will be offered in-person counselling.

Requirements

- You are responsible for providing a safe and confidential space during sessions, free of interruptions.
- A plan is developed in the beginning of counselling for back up communication in the case of technology failures.
- You are required to provide an emergency contact and provide permission to communicate with this person in case of emergency.
- You will also need to create with your counsellor a plan for what to do in the case of mental health crises or emergencies and to follow these plans when needed.

Contact

Jane Osborne can be reached at 604-740-7862

She will respond within 24 hours, with the possible exception of times away or holidays.

Email contact is osbmjane@gmail.com

Payment for sessions can be made via etransfer, or cheque which can be mailed to:

Jane Osborne
P.O. Box 225, Roberts Creek, B.C. V0N 2W0

Date

Date

1. Name of Client

2. Name of Client

Signature of Client

Signature of Client

Emergency contact person and phone number