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Skype Counseling Sessions Consent Form

I, _____ am choosing to facilitate my counseling sessions via the internet and the Skype (www.skype.com) program with Russell Strelnick, LCSW. By choosing this option, I understand that:

- Skype is an online communication tool allowing for face-to-face video, voice, or text-based chat dialogue. Skype-to-Skype calling is encrypted using the same standards utilized by the US government to protect sensitive information.
- Skype software must be downloaded onto a computer and an account setup.
- Search for and add therapist's username to your contacts:
- Appointments will be made via email or online appointment request form via website. Please be online at least five minutes prior to session, alone, in quiet room, door closed. Therapist will call you at scheduled appointment time.
- For best Skype picture and audio quality, a hardwired connection (via LAN cable) rather than a wireless one should be used if possible. Headphones add additional security.

I also understand the following limitations of Skype video therapy sessions:

- Any internet based communication is not 100% guaranteed to be secure/confidential. I agree that Russell Strelnick, LCSW, should not be held responsible if any outside party gains access to Skype's personal or confidential information by bypassing their security measures.
- In a crisis or emergency situation that needs immediate attention, whereby I am considering seriously harming myself or someone else, I will call the National Suicide Hotline at 800-784-2433, dial 911 or go to a mental health hospital/ER.
- Confidentiality should be treated like an in office session: no outside distractions, turn off cell phones, close other programs on computer and don't be late.
- Technical problems could occur. If the call is disrupted, the therapist will call back within ten minutes. If reconnection cannot occur, the session will be rescheduled through email.
- The online therapy sessions are not to take place of regular in office sessions, but are being utilized when in-office sessions cannot be scheduled for a length of time and the therapist and client deem it necessary for contact.

Client Printed Name: _____

Client Signature: _____

Date: _____

SUBMIT