

Informed Consent for Telephone, Electronic, and Mail Contact

Your confidentiality is always compromised when communicating by electronic devices or mail. It is the consensus of mental health professionals that reliable and valid psychotherapy is always conducted in a face-to-face setting, so that nonverbal communications can be taken into consideration. Body language, voice tone, pacing, emotional overtones, eye contact, and other variables are an important part of counseling or psychotherapeutically oriented professional services. However, there may be times or circumstances under which telephone, e-mail, Skype, or other kinds of communication may have a limited value such as:

1. Brief, between-session contact calls, e-mail, or Skype communication.
2. Long distance communication when either party is out of town, or otherwise unavailable.
3. Long distance communication will be considered for a limited period if either party relocates, making regular standard sessions impossible. Electronic communication is always incomplete without standard, agreed-upon, and periodic face-to-face contact.

I am aware of the limited validity and reliability of telephone and other kinds of electronic and mail communication as suggested above. I am further aware that I am not guaranteed confidentiality when I contact or receive such contacts from my therapist. I understand that the purposes for engaging in telephone, electronic, or mail communication must be limited in scope and time and that the validity and reliability of information given and received is necessarily limited.

Client: _____ Date: _____

Therapist: _____ Parent: _____