

SARA ROSENTHAL  
PSYCHOTHERAPIST  
UKCP REGISTRATION 2011164523  
UKCP CAPM (CHILD AND ADOLESCENT PROFICIENCY MARKER)

## Online Therapy Information Sheet

Please take a moment to review this (alongside the contract and privacy policy).

Due to COVID-19, I am now offering online therapy.

I offer video -sessions using a secure on-line health platform, <https://doxy.me/>. This platform is GDPR compliant and secure. On occasion there may be technology issues, in these instances i.e. if the connection drops during the call or the call does not connect , we will use a previously agreed upon alternative.

To be able to use the on-line platform it is essential that clients have access to a web-cam/or built in camera. The platform can be used on a tablet, phone or laptop and with an Android or IOS system. I use headphones to ensure confidentiality and I encourage clients to use headphones both for confidentiality on their end and headphones can improve the quality of the audio transmission.

At the start of the session, the client clicks on the link, which is sent via email in advance, and the client is held in a "waiting room." I am then able to see the client is present (on line) and start the session.

### **A typical email regarding an appointment will read:**

**From:** [srosenthaltherapy@gmail.com](mailto:srosenthaltherapy@gmail.com)

**To:** [client@xxx.com](mailto:client@xxx.com) (you will be asked if you prefer email or text for the appointments and what phone number/email you would like me to use..)

**Subject:** Hello

**Sample email:** Appointment on Tuesday at 10:00AM on X date.

Link for telemedicine portal

4 Fulham Park Studios  
Fulham Park Road  
London

M: 07917088776  
Email: [srosenthaltherapy@gmail.com](mailto:srosenthaltherapy@gmail.com)  
[www.linkedin.com/in/sararosenthaltherapy](https://www.linkedin.com/in/sararosenthaltherapy)

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*If you prefer not to be sent the appointment information by email or text please let me know at the start of therapy.*

**OTHER INFORMATION:**

I am not able to provide a crisis intervention service. You can of course, contact me to see during normal business hours if I can offer an additional session, or move your session forward if needed. However, in an emergency or a crisis **please contact your GP** or one of the following organizations for help:

[www.mind.org.uk](http://www.mind.org.uk) 0300 123 3393 or text 86463  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) 116 123 (free) or email [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

**DATA PROTECTION**

Please see separate [Privacy Policy](#) page for informed consent and agreement regarding General Data Protection Regulations (GDPR) May 2018.

4 Fulham Park Studios  
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London

M: 07917088776  
Email: [srosenthaltherapy@gmail.com](mailto:srosenthaltherapy@gmail.com)  
[www.linkedin.com/in/sararosaltherapy](https://www.linkedin.com/in/sararosaltherapy)