e-Therapy and Telecounselling Agreement

This agreement is between Garry Weis , at Ultimate Wellness Inc. and _____.
(Counsellor) (Client)

I consent to receiving counselling sessions via e-therapy or telecounselling. I understand and accept any additional risks and potential limitations that may occur. These risks can include but is not limited to, an interruption in internet or telephone services, or a breach of privacy at the location of the client. I am aware that the following information will be documented for e-therapy or telecounselling sessions: The physical location of the client, the phone number used, email address authorized to send and receive documents or information and, the formation of a safety plan if disconnection or medical emergency occurs. I agree to inform Ultimate Wellness Inc. of any change of this information at the beginning of the sessions.

In person face to face sessions is proven to be the most effective form of counselling, as much of our communication is non-verbal and may be limited or lost with during e-therapy or telecounselling. This can lead to the possibility of miscommunication, so there may be a greater need to clarify information or identify and address misunderstandings. There may be some challenges in building/maintaining an adequate therapeutic alliance while online or the phone. Some issues are best not dealt with through e-therapy or telecounselling where there is a high risk to the client's safety.

Ultimate Wellness Inc will take reasonable steps to ensure privacy and confidentiality of the client and their information. Use only an electric platform that is approved for providing on-line mental health services; and is compliant with all provincial and territorial privacy laws, such as PIPA in BC and PIPEDA standards across Canada.

The client is responsible for maintaining privacy and confidentiality at their location during counselling sessions. Being aware of their surroundings and who may be able to hear their conversation. It is advisable that clients use headphones during e-therapy to prevent others from hear discussions, and not use speaker phone during telecounselling. Clients are reminded that cellphone call, text, chats and social media are not considers secure means of communication.

The physical location of the client _____

Client phone number used _____ Client email _____

Emergency contact person _____ Phone number _____

_____	_____	_____
Client's Signature	Counsellor's Signature	Date