

INFORMED CONSENT FOR ONLINE THERAPY

I understand that therapy conducted online is technical in nature and that problems may occur with internet connectivity. Internet availability may be limited or disrupted by things such as server maintenance, upgrades, or other problems (such as software or hardware malfunction). Any problems with internet availability or connectivity are outside the control of the Inner Voice Mindful Choice (Anna Kris Bell, MA, RP) and Inner Voice Mindful Choice makes no guarantee that such services will be available. If something occurs to prevent or disrupt any scheduled appointment due to technical complications and the session cannot be completed via telephone, a new appointment will be re-scheduled. Please note, however, that if a session is disrupted for technical reasons, Inner Voice Mindful Choice at its sole discretion, may resume the session by telephone. All sessions disrupted for over 15 minutes, but less than the full session time will be charged to you at a prorated amount.

I understand that if either I or Inner Voice Mindful Choice communicates using a cell phone that the conversation may not be secure and therefore not confidential. In the event that our online session is disrupted, it will be most secure for us to continue the session when we both are on a land line.

Please note that Inner Voice Mindful Choice has a 24-hour cancellation policy. Should you miss or cancel an appointment within the 24-hour window, you will be charged for the session. Please read the Inner Voice Mindful Choice office policies and procedures document for additional information.

I understand that communication (e.g. emails and chats) with Inner Voice Mindful Choice via the site are encrypted and that emails sent from or to personal email accounts are not secure. I also understand that Inner Voice Mindful Choice may not check personal email regularly. I further acknowledge and agree that all communication of a clinical nature should be sent via the site. A reasonable attempt will be made to read and respond to the emails received via the site within 24 to 48 hours.

I understand that Inner Voice Mindful Choice will not accept my invitations via social media websites, networking websites, instant messenger, or respond to blogs written by me or accept my comments on his/her blog.

I understand that if I need to speak with Inner Voice Mindful Choice between sessions to alert him/her of an emergency, I should call 970-682-3270. My call will be returned as soon as possible. I acknowledge that messages are generally checked daily, but with less frequency at night, on weekends, and on holidays. If an emergency situation arises that requires immediate attention, I should call the emergency National Hopeline Network at 1-800-Suicide/1-800-784-2433 or National Suicide Prevention Lifeline at 1-800-Talk /1-800-273-8255 or dial 911. Hearing and

Speech Impaired should call 1-800-799-4TTY/1-800-799-4889. I understand that in the event of a life-threatening crisis I should contact a crisis hotline, call 911, or go to a hospital emergency room.

Additionally, although Inner Voice Mindful Choice has taken substantial steps to ensure the confidentiality and privacy of therapy provided online, Inner Voice Mindful Choice cannot guarantee the security of any internet transmissions or communications. **I AGREE TO TAKE FULL RESPONSIBILITY FOR THE SECURITY OF ANY COMMUNICATIONS OR TREATMENT ON MY OWN COMPUTER AND IN MY OWN PHYSICAL LOCATION. I understand that all information disclosed within sessions and the written records pertaining to those sessions are confidential and may not be revealed to anyone without my written permission, except where disclosure is required by law.**

I understand that online therapy with me is not a substitute for medication under the care of a psychiatrist or doctor. I further understand that online therapy is not appropriate if I am experiencing a crisis or having suicidal or homicidal thoughts.

I agree to defend, release, and indemnify Anna Kris Bell, MA, RP, Bell Curve, LLC dba Inner Voice Mindful Choice from and against all damages, costs, suits, claims, and other actions originating from any services provided to me by Inner Voice Mindful Choice.

Signature Patient/Client

Signature Parent, Guardian or Legal Representative

Date

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