

Informed Consent & Therapy Contract for Virtual Psychotherapy

By signing below, you are agreeing to participate in Tele-therapy with me. Following are the requirements & instructions to participate in virtual therapy and EMDR virtual therapy:

1. Instead of meeting in person in my office, we will meet virtually through doxy.me, a HIPAA compliant video therapy platform. These are the steps we need to put in place to make this happen.
 - a. You will need a computer with a webcam and speaker/microphone and high-speed internet to access the video session.
 - b. You will need a secure private place at your home or work free from interference so that confidentiality of our session is maintained.
 - c. I will conduct the virtual therapy session from my home office which is secure and confidential.
 - d. In case the internet connection fails during the session, we will use cell phones as the back-up communication.
 - e. We will communicate through text or email to schedule appointments as agreed.
 - f. The morning of our session, I will send you an email with the link and a text reminding you of the time of our session.
 - g. Before our session, it is advisable to close all apps and restart your computer.
 - h. A few minutes prior to our session time, please use the link to sign into my doxy.me virtual waiting room.
 - i. You will make payments remotely through Apple Pay, PayPal, or by credit card. I charge a \$5 fee for cc use.

2. **Your session may include participation in virtual EMDR Therapy. To perform eye movements and/or bilateral tactile stimulation in the virtual therapy setting:**
 - a. So that I can pay attention to your breathing and body language as well as your facial expressions, position your computer so you can relax and I can see you from approximately the waist up.
 - b. I will help you locate points in the room equidistant to the left and right of, and slightly lower than, your line of vision.
 - c. We will establish an Imaginal Container and an Imaginal Safe State/Safe Place at the beginning of your EMDR therapy.
 - d. During EMDR processing, you will sit relaxed in front of your computer screen and shift your gaze back and forth between the selected points. To assist in the tempo and to provide auditory bilateral stimulation, you will be hearing the sound of a metronome played from an app on my phone. The left and right tones will be slightly different to help you establish the back and forth eye movement.
 - e. For tactile stimulation, you may tap your knees alternately with your fingers in time with the metronome.
 - f. We may use eye movements and/or tapping the knees during the EMDR portion of your therapy sessions, depending on which is most comfortable and therapeutically effective for you.
 - g. **As a part of our therapy contract, you agree not to use eye movements or tactile stimulation to process any disturbing memories on your own except under my guidance in our therapy sessions.**
 - h. **If disturbing material comes up between sessions, you should put it away in the imaginal Container and shift into your Safe Place to restore a state of calm.**

Please sign this informed consent and scan and email it back to me.

Signature

Date