

Informed Consent & Therapy Contract for Virtual Psychotherapy
Melissa Owens LPC, LMHC

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:

- a. We will meet virtually through doxy.me, a HIPAA compliant video therapy platform.
- b. You will need a computer with a webcam and speaker/microphone and high-speed internet to access the video session. If necessary you may use your smartphone for sessions that do not include EMDR.
- c. You will need a secure private place at your home or work, free from interference so that confidentiality of our session is maintained.
- d. I will conduct the virtual therapy session from my home office which is secure and confidential.
- e. In case the internet connection fails during the session, we will use cell phones as the back-up communication.
- f. We will communicate through text or email to schedule appointments. Please text to request appointments or schedule changes.
- g. **The morning of our session, I will send you an email with the link and then a text reminding you of the time of our session.**
- h. Before our session, it is advisable to close all apps and even restart your computer. Reception is best close to your router.
- i. A few minutes prior to our session time, please use the link to sign into my virtual waiting room.
- j. You will make payments remotely through Apple Pay, PayPal, or by credit card. I charge a \$5 fee for cc use.

Your session may include participation in virtual EMDR Therapy.

- a. I need to pay attention to your breathing and body language as well as your facial expressions. Please position your computer so you can relax and I can see you from approximately the waist up.
- b. Locate points in the room equidistant to the left and right of, and slightly lower than, your line of vision so that you can see the selected points by moving your eyes only, without moving your head.
- 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, please sit relaxed in front of your computer screen and shift your gaze back and forth between the selected points. I use a metronome app to set the tempo and to provide auditory bilateral stimulation. It can be adjusted if it is too fast or too loud for you.
- e. For tactile stimulation, you may tap your knees alternately with your fingers in time with the metronome if you want, or use a butterfly hug, which I can show you. We may use eye movements and/or tapping the knees, depending on which is most comfortable and therapeutically effective for you.
- f. **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.**
- g. **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

