

ONLINE THERAPY AGREEMENT

Thank you for choosing to have online therapy with Inner Insight Hypnosis. As your therapist, ensuring the sessions run smoothly is very important to me. Please confirm by email that you have read and agree with the points below prior to our first online appointment.

As your therapist, during online sessions I will always ensure that:

- Our sessions are not overheard or interrupted.
- Our meeting is ended when your session finishes so that it is never accessible to anyone else.
- None of our sessions are recorded without your prior permission. The application that I use will notify you if the session is being recorded so you can never be recorded covertly.
- My electronic devices are protected with security software.
- I use Zoom which is seen as one of the leading platforms for ensuring client confidentiality.
- I regularly update my knowledge on keeping secure online.
- If any instance occurred that resulted in a breach of confidentiality of our online session, I would discuss this with you and inform you of my own procedure to notify the Information Commissioners Office of any data breach.
- Not be held responsible if you do not adhere to the advice on this form.

Your safety. As my client – I will always ensure that:

- You have given me written consent to conduct online sessions with you (this includes clients under the age of 18 years where parental or carer permission will also be required).
- I take reasonable steps to ensure that online therapy is suitable for you.
- I take reasonable steps to ensure that you have been informed of the appropriate environment for our holding sessions at your location.
- I have emergency contacts for you.
- Notify you of how to pay and that payment must be made prior to our session.
- In the event of any technical errors, we continue our session on the phone.
- If I believe you might experience heightened anxiety during trance, you will have a family member or friend available to support you. This person should be close by but not in the room where the session is taking place.

Please acknowledge that you have read and have no issues with the above details by signing and dating below prior to our first online appointment. Thank you. I really look forward to working online with you.

Client signature:
(parent/carer if client under 18)

Client name:

Date: