



Catherine Korah, c.o., psychotherapist
Parenting consultations
OPQ Permit 60018-12

ONLINE THERAPY INFORMED CONSENT FORM

FRAMEWORK

Appointments will ordinarily be 50-60 minutes in duration, once per week at a time agreed upon with your therapist. Sessions may be more or less frequent as needed. You may discuss your individual needs directly with your therapist.

PROFESSIONAL FEES AND CANCELLATION POLICY

I understand that the fees for the online sessions are due at the end of each meeting via internet banking. The cost established is \$120.00 per hour. The fees for online therapy are the same as for in-person counseling appointments. In order to cancel an appointment, I must give a 24-hour notice. Sessions cancelled at short notice or missed sessions may be subject to cancellation fees according to the OPQ guidelines.

PROFESSIONAL RECORDS

Therapists are required to keep appropriate records of the services provided. Your records are confidential and maintained in a secure, locked location. Your therapist will keep brief records noting the date of the appointment, your reasons for seeking therapy, the goals and progress set for treatment, topics discussed, your medical, social and treatment history.

CONFIDENTIALITY

Confidentiality is a fundamental principle of psychotherapy. Anything you discuss with your therapist and the information contained in your file will remain completely confidential with the exception of the following circumstances: if you present a serious danger to yourself or another person, if you report physical or sexual abuse of a minor, or if a valid subpoena is received for your records, or your records are otherwise subject to a court order or other legal process requiring disclosure.



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RISKS AND BENEFITS

Psychotherapy has both benefits and risks. Risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness and helplessness, because the process of psychotherapy often requires discussing unpleasant aspects of your life. However, psychotherapy has been shown to have benefits for individuals who undertake it. Therapy often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress and resolutions to specific problems. But, there are no guarantees of any positive outcome. Psychotherapy requires active effort on your part. In order to be most successful, you will have to work outside of sessions on matters discussed with your therapist.

OTHER RIGHTS

If you are feel unsatisfied with what is happening in therapy, you are encouraged to discuss your concerns with your therapist, who welcomes feedback, so that they may respond to your concerns. Comments and feedback will be taken seriously and handled with care and respect.

CONSENT TO PSYCHOTHERAPY

I have been informed of the purpose and nature of the consultations provided by Catherine Korah. I am aware of the qualifications of my therapist, her approach and the different techniques or tools, which may be available to me. I accept to partake in this process and I understand that I can discontinue consultations at any time.