

# Informed Consent Form for Online Counselling

This **informed consent form** is designed to help you understand important aspects of online counselling before beginning your sessions. Please review this document carefully and feel free to ask any questions you may have.

## 1. Purpose of Online Counselling

Online counselling provides mental health support through secure video, phone, or messaging platforms. The goals and methods are similar to in-person counselling, with adjustments for remote interaction.

## 2. Confidentiality

Your privacy is important to us. All information shared during sessions will remain confidential, except in instances where disclosure is required by law (e.g., risk of harm to self or others, child abuse). All digital communication is conducted over secure platforms; however, absolute security cannot be guaranteed.

## 3. Limits of Online Therapy

- Technical issues (connectivity, equipment failure) may occasionally disrupt sessions.
- Online counselling may not be suitable for certain crisis situations or complex clinical needs.
- Remote sessions may limit the counsellor's ability to respond in emergencies.

## 4. Risks and Benefits

There are potential risks, such as unauthorized access to data or misunderstandings due to lack of physical presence. Benefits include greater accessibility and convenience.

## 5. Client Rights

- You may withdraw your consent or discontinue counselling at any time.
- You have the right to ask questions and receive information about your counsellor's qualifications and approach.
- Your participation is voluntary.

## 6. Consent Statement

By signing below, you acknowledge you have read, understood, and agreed to the information in this consent form. You understand the risks, benefits, and limitations of online counselling, and consent to participate in virtual sessions.

Client Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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*This **informed consent form sample** for online counselling ensures clients understand the therapy process, confidentiality, and their rights before beginning sessions. This document outlines the scope, limitations, and expectations of virtual counselling to promote transparency and trust. Utilizing a clear and comprehensive consent form helps protect both the counsellor and client throughout the online therapeutic relationship.*