

INFORMED CONSENT. . .

Just Human Therapy

Online therapy with Taylor Broughton

FOR CLIENTS NOT IN THE UK

Advantages and Disadvantages of Online Therapy

Advantages:

- Enables those unable or unwilling of face to face services to access therapy
- Potentially more choice of practitioners to work with than in local areas.
- It is convenient and flexible to a variety of schedules.
- Therapy can be done from the client's chosen space.

Disadvantages:

- There are variables with confidentiality, privacy and unreliable technology.
- Therapists are not in a position to respond directly to crisis situations.
- Client risk may be less apparent online than in face to face therapy.

Procedure in Place to Protect Client's Wellbeing

- Client confirms their exact location at the start of each video or phone session
- Trusted emergency contact information given to therapist in case of crisis
- GP or PCP or equivalent contact details given to therapist in case of crisis
- Therapist only works with clients in English speaking countries for assured communication with emergency services, besides when agreed short-term
- Client informed that therapy is not for crisis intervention, or for immediate support in life threatening situations like suicide, or the risk of another's life.
- Client has full autonomy over their life and their life decisions, and the therapist has given emergency contacts relevant to client's location to be responsible to the client, but does not assume responsibility for client's life.

High-Risk Clients

- Not recommended to undertake international online therapy.
- Therapist reserves the right to ethically terminate therapeutic work client's actively suicidal or endangering to others. This therapy is not crisis work.
- Client gives permission for therapist to reach out to client's medical care and emergency contact if client is clinically deemed as high-risk after supervision.
- Therapist will do everything in their power to help find client suitable therapeutic support in their location but it is client's responsibility to accept.

Clients not at current or immediate risk

- Clients are fully informed of accessing other (more local) options of therapy.
- Client has full understanding and autonomy to undertake online therapy.
- Client fully agrees and understands therapy is done under UK jurisdiction and has been given relevant registering body's complaint procedure (COSCA).

Questions or concerns email to: taylor@justhumantherapy.com

Engaging with therapy at Just Human Therapy acknowledges this living document.