



See Me Therapy
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Terms & Conditions for Online Counseling:

Clients interested in receiving online counseling services must be at least 18 years-old. Clients interested in online counseling services must consult with a See Me Therapy provider to discuss eligibility as well as the terms and conditions that apply to said services. If it is determined that online counseling is appropriate, clients must submit written verification (indicated by their signature) to the terms and conditions (see below) before services are rendered.

Eligibility for Online Counseling Services Online counseling services are not meant to take the place of direct, face-to-face psychotherapy services. Online counseling services are most suitable for clients over the age of 18 years-old who have either previously engaged in formal counseling services and/or are seeking short-term support for issues that are unrelated to major crisis, severe mental health issues, suicidal, homicidal or violent behavior (past and present). Online counseling services are intended for clients who have limited access, availability or financial means to receive direct, face-to-face professional counseling services. Although online counseling services may be helpful, direct, face-to-face services are highly recommended and encouraged, especially for clients either looking for long-term treatment or clients in major crisis.

Online counseling does not provide crisis counseling:

If it is deemed at any point in the treatment that your needs are greater than your counselor's area of expertise or scope of practice and a client is unsuitable for online counseling services, your counseling provider reserves the right to refuse and/or end treatment and appropriate referral sources will be provided.

About Distance Counseling:

Also known as Telepractice, Cyberpsychology, Text-Based Therapy, Telehealth, Behavioral Telehealth, and Online Therapy. Distance counseling is providing a psychotherapy service that is not "in person" and is facilitated through the use of technology. Such technology may include, but is not limited to, telephone, telefax, email, internet, or videoconference. Distance Counseling is subject to all practice and ethical considerations discussed in this document and in the law, rules and regulations governing licensed practice in Texas. Disadvantages include varying time zones, cultural differences, language barriers, and strength of internet connection which may impact the delivery of services. Clients may provide off-line contact information in case of a technology breakdown. Scope of Practice- This term indicates the specific area to which a practitioner may practice. See Me Therapy follows local and regional laws and codes of ethics as applicable to a client's geographic location.

Cost of counseling will be the same as face to face sessions as designated by the sliding fee scale located on seemetherapy.com. The time for each session will be 45 minutes.

Practitioner will be utilizing Skype, Zoom, or Psychology Today. Please understand there is no way to guarantee a secure connection. By signing below you acknowledge and accept this understanding.

By signing this form, you are agreeing to the terms listed above with full knowledge of the risks of counseling as outlined in intake paperwork.

Client

Date:

Counselor

Date: