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*Sharon M. Barnes, MSSW, LCSW*

*Therapist For Sensitive And Gifted*

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## **Online and Phone Therapy Consent**

In addition to in-person sessions, I also offer online therapy by video conference

**What is online therapy?** Online therapy is the practice of psychotherapy offered via video or audio communications. For video sessions, I use a free video-conferencing program through [www.Vsee.com](http://www.Vsee.com) which is easy to use and is available for all types of computers. In order to use it you must have a "web cam" and a high-speed Internet connection. Vsee states that their services are HIPAA compliant, which means that confidentiality is protected and others online are unable to listen/watch our session.

**Why would you choose online therapy?** Some of the common reasons include....

- You cannot find a therapist appropriate to your needs in your local area
- You have a very busy schedule and online sessions offer more scheduling flexibility
- You don't have to arrange for a babysitter
- To supplement your in-person therapy sessions
- To schedule a session immediately when the therapist is available vs. waiting for an in-person session
- To receive therapy from the comfort of your home or office

My fees for online therapy are the same as for in-person therapy. Payment must be made through a Credit Card or via PayPal.

**Do you offer online therapy to children and teens?** No, I only work with children and teens in person. However, I can do parent consultations via video conference or phone.

**Is online therapy as effective as in-person therapy?** Online therapy is not always as effective as in-person therapy in some situations. In some cases it is best to combine online therapy with some in-person sessions. Other problems are treated very effectively with online therapy alone.

**I have read the above information and has asked any questions I have about it. I understand the issues involved and I request to have online counseling with Sharon M. Barnes, MSSW, LCSW, PLLC.**

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Full Name

Date