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Therapist and Approved Supervisor: Danny Seto

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### **Additional Consent for Electronic Communication September 2020**

As we enter an era of physical distancing due to COVID-19, I am only holding online therapy sessions. Given this (temporary) change, I want to be sure I have your consent to communicate through electronic means, and that you are aware of the limitations of electronic communications. Your privacy is important to me, and I want to do what I can to be clear about the limitations of protecting your privacy when we communicate electronically.

#### **Definition of Electronic Communications:**

Electronic communications refers to any form of electronic means or devices through which you and I communicate, including but not limited to cell phones, texting, email, social media, video conferencing, and other related electronic media.

#### **Use of Electronic Communications:**

I use electronic communications (email) to communicate with clients to schedule, reschedule, or cancel sessions. Now, I am providing virtual therapy via electronic communication through a secure video link.

If you email me, be aware emails are not a confidential means of communication. I will always email a confirmation if we are using these formats to schedule, reschedule, or cancel sessions. In addition to privacy concerns, email can lead to misunderstandings and confusion for more complex or nuanced communication, so I generally use them to address scheduling changes and ask clients to do the same. I do not use either of these modes of communication to conduct therapy sessions.

#### **Consent for electronic communication:**

If you choose to contact me electronically, if you consent for me to contact you electronically, and if you consent to having electronic therapy sessions, please be aware of the following:

1. The secure video platform I am using is Google Meets (which is part of G-Suites). Their website states that it is encrypted end-to-end 256. It does

comply with the Personal Health Information Protection Act (PHIPA), 2004.

2. Cell phones, text, and email also cannot be guaranteed to be 100% secure or confidential, despite my compliance to the required PHIPA protocols
3. You can revoke consent at any time; If you revoke consent, I will gladly discuss other means for communication.

Please sign below if you agree to the terms of this contract. By doing so, you are saying that you have read and understood these terms.

Client Name: .....

Client Signature: ..... Date: .....

Therapist Name: .....

Therapist Signature: ..... Date: .....