

REILLY COUNSELING CENTER USE OF ELECTRONIC COMMUNICATION

I have been advised and understand that the use of email, cell phone texting, and other forms of technology in psychotherapy has not been defined as a best-practice strategy. I have also been specifically advised of the following:

1. Emailing/cell phone texting communication with Reilly Counseling Center staff will be used for the **sole purpose of simplifying and expediting scheduling/administrative matters only.**
2. Email/text IS NOT to be used to provide/receive treatment services or take the place of therapy sessions. Therefore, email/cell phone text **SHOULD NOT** be used to communicate:
 - a. Suicidal or homicidal thoughts or plans
 - b. Urgent or emergency issues
 - c. Serious or severe side effects or concerns
 - d. Rapidly worsening symptoms
3. In a life-threatening emergency, clients should:
 - a. Call 911
 - b. Proceed to the nearest hospital or emergency room
 - c. And/or call a crisis hotline such as 512-472-HELP or 1-800-SUICIDE
4. Any information exchanged electronically or with the use of technology increases the risk of confidentiality breaches. No technology is 100% secure and the therapist cannot guarantee protection from unauthorized attempts to access, use, or disclose personal information exchanged electronically.
5. The use of email, cell phone, or other forms of technology does not change the fact that the services provided by Reilly Counseling Center staff are weekly 50-minute to one-hour psychotherapy sessions scheduled and confirmed by both parties in advance of sessions. Reilly Counseling Center staff **DO NOT** provide crisis intervention, and email/texting is not a reliable way of obtaining urgent help from the therapist in an emergency.