



### Electronic Communication Preferences

You have a choice about how you communicate with your therapist. Unencrypted text and email messages may be accessed by third parties. Please know we will make every effort to ensure email and text messages are delivered and received securely. It is also our policy to not discuss therapeutic issues at length over email or text.

Please check boxes below regarding your preferences for communication with your therapist:

- I understand the risk involved with sending and receiving e-mail from my therapist (that this can be a non-secure form of communication) and give my consent to communicate with him or her using the following email address:

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- I understand the risk involved with sending and receiving text messages from my therapist (that this can be a non-secure form of communication) and give my consent to communicate with him or her via text message at the following mobile number:

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- I do not wish to receive e-mail or text message communication from my therapist. I understand and agree that my therapist will only contact me by telephone (voice call).

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Client signature (or client representative signature)

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Date