



Rocky Mtn. Counseling Services

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I am currently providing distance counseling only, using either a secure phone line or a HIPAA-compliant video platform, currently Zoom. Distance counseling is the delivery of counseling by a licensed mental health professional via secure video or other technology mediums (e.g., phone, chat, email). More and more insurance companies are covering the costs of distance counseling services. You can obtain more information about distance counseling by watching this short video clip: <https://www.youtube.com/watch?v=ab2U6i9AXPk>

Here are some special considerations pertaining to distance counseling:

- If you have not yet returned this professional disclosure form signed by you, and completed the Confidential Client Information form prior to our first session, I may need to verify your identity during our initial session so I know you are you. You can simply hold your drivers license up to your phone/tablet/computer camera for this purpose.
- It is important that you let me know where you are located any time we have a counseling session so that in the event of an emergency (e.g., imminent threat to commit suicide/homicide) I can contact the proper personnel to help you (see section 3 below pertaining to exceptions to confidentiality).
- Although I use a secure/encrypted video platform with clients there is a very remote possibility that someone with highly sophisticated computer skills could “hack in” and watch our conversations. In addition, if you choose to engage in distance counseling sessions where other people are located (e.g., home, work, it is important to talk to them about the importance of privacy and ask them not to eavesdrop and/or locate to an area where it will be difficult for them to hear us.
- Some clients do not believe distance counseling will be as intimate or helpful as traditional in person counseling. Oftentimes, this is because it is a new way of communicating, but once clients have participated in one or two sessions, they find that they really like and benefit from it. However, if you decide that it is not for you then let me know; I would be happy to refer you to other mental health professional in your area if possible.
- Technological “glitches” may occasionally occur (e.g., frozen screens; audio or video temporarily disrupted). In many cases, these glitches are due to a poor internet connection/low bandwidth. It works best if you directly connect your device to a modem to ensure a strong connection to the Internet or to move your device as close as possible to the modem/source of the wireless signal to ensure the strongest connection possible. In addition, I recommend that you use ear buds or headphones for counseling sessions to eliminate background noise or echoes.
- Please provide the address where you will be having our

- Please provide the name and address of three emergency contacts that I may reach in case of an emergency:

First contact: _____

(Name, address, relationship to person and best phone numbers)

SecondContact: _____

Name of client: _____ (hand-written)

Signature of client _____

Date: _____