



## TAKE CHARGE COUNSELING & CONSULTING SERVICES

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### VQT Consent Form

Virtual Quasi Therapy (VQT) is NOT intended for mental health disorders. Mental Health Disorders are defined as those diagnosable disorders that are listed in the Diagnostic & Statistical Manual of Mental Disorders (DSM). VQT is, rather, a type of virtual interaction that is designed to be used with 'non-diagnosable issues', such as weight loss, stress management, performance anxiety, practicing self-discipline, gaining confidence, becoming motivated or ambitious, etc.

By signing this agreement I declare that I am not experiencing mental health symptoms indicative of a diagnosable mental health disorder – as defined in the DSM. It is outside of the scope VQT to determine this for me. I accept full responsibility for determining my own state of mental health. Should any evidence of compromised mental health arise during the course of VQT, I will be informed of such suspicion by my VQT practitioner and VQT will be terminated and traditional therapy will be offered or recommended.

I agree that I will not share Personal Health Information (PHI) with my practitioner through my VQT interactions. If such is shared, it will be immediately deleted and I will be instructed about sharing further PHI. If sharing of PHI persists, my VQT interactions will have to be transferred to traditional 'in-office therapy'. Plainly stated, we do not want your PHI for VQT.

I understand that all information disclosed in VQT interactions is kept strictly confidential and is not revealed to anyone for any purposes. VQT is completely anonymous and private. The only exception would be the transmission of information to your practitioner that is required by law to be reported: (i.e. admission of abuse of children, or elderly persons, or the presentation of serious danger of violence to self or others.) Such transmissions will be turned over to authorities immediately.

Finally, I understand that VQT transmissions are transmitted via the internet, thus such transmissions are protected under the laws of the FCC. Such transmissions are subject to serious penalty if intercepted or misused in any fashion. It is up to the user to safely secure his/her electronic device.

My affirmative text or email serves as agreement with this consent.