

# **INFORMED CONSENT TO ONLINE EMDR PSYCHOTHERAPY AND ONLINE COUNSELLING**

The client Mr/Ms/Miss \_\_\_\_\_  
trusting Dr. Piera Briganti PsyD, clinical psychologist and psychotherapist licensed n° P-02298 at the *Colégio Oficial de la Psicología* of Las Palmas (Spain), and licensed n° 2413 of Italian *Albo degli Psicologi Regione Marche*, states he/she is informed about the following points:

The psychologist is required to follow the Ethical Code of Conduct about professional acts and patient-therapist confidentiality and European rules about teletherapy.

## **Informed consent to counselling**

- The psychologist will be offering psychological consultation with the aim of structuring a psychotherapeutic intervention with EMDR (Eye Movement Desensitization and Reprocessing) to strengthen the client's psychological wellbeing and mental health;
- clinical interviews, EMDR standard or modified protocols and tests evaluating mental state will be the main instruments of clinical intervention;
- I have been informed and I agreed to the amount of the fee for each therapy session;
- in the event I will be unable to attend a scheduled session, I commit myself to inform my therapist with a 6 hours prior notice, otherwise I will have to pay for the missed appointment;
- in every moment I can decide to suspend the therapy, but in any case I commit to notice the clinician of my intentions to leave the treatment, allowing the results to be resumed and stabilized in a last session before closing.

## **Informed consent to Online EMDR therapy**

- I give my consent to internet/online delivered EMDR treatment, aware that treatment will take place respecting personal data protection laws, using an HIPAA or GDPR compliant videocall platform/software.  
If another app or software would be used I will be informed about possible faults in data protection;
- I am informed that EMDR therapy it's an evidence-based treatment largely validated on PTSD and trauma related psychological issues;
- I am informed that during the reprocessing phase of EMDR protocol, disturbing or upsetting memories, sensations, perceptions etc... may arise as part of the process;
- I am informed that after the session, the processing may continue and other memories from my past may come to my attention, as part of the processing of the prior memory targeted, or as new material to work in the next sessions;

## **Informed consent to personal data treatment according to GDPR EU 2016/679**

- **All the data I will be providing to my therapist will be managed following GDPR EU 2016/679**
- the person who will manage and protect my data is: Dr. Piera Briganti
- the collected data object of this therapeutic contract are divided in two main categories:

### **1) Personal Data**

a) personal records, contact and payment data. Information related to the name, telephone number, address, email, as well as information related to the payment of the fee, and any other data or information regarding an identified or identifiable physical person.

b) data related to health status: all the data connected particularly to physical or mental health (or every other data or information recalled by the art. 9 and 10 GDPRs) directly collected, for the purposes of clinical assessment, tests, diagnostic interviews, and every other typology of data-collecting of professional nature related to the execution of the assignment conferred to the psychotherapist;

### **2) Professional Data**

Considerations, professional evaluations, interpretations translated into data by the psychologist will be treated according to all the principles of the GDPR and managed/due prioritily according to what anticipated from the Ethical Code of Conduct.

### **Purposes and modalities of data treatment**

- Data treatment aims at fulfilling therapeutic and/or financial objectives;
- data treatment is completed using appropriate procedures to protect my confidentiality and consists of data collecting, recording, organizing, preserving, deleting, destroying;
- data treatment modalities for the listed purposes will take place using manual and information technology recording and storage;
- data will be saved during the time indicated by legal obligation and managed by the legal representative;
- appropriate security measures will be taken to grant protection, integrity, access, within legal obligation and professional confidentiality;
- personal data no longer needed, or for which there would no longer be legal obligation to their preservation, will be safely destroyed;
- in the event of legal obligation to provide Health or Judicial Authority your personal data/psychological evaluations, with your consent, only the necessary informations would be provided; if one of the cases listed, you will still have the right to know the content of the shared information/evaluation, according to the Ethical Code of Conduct norms in matter of patient-therapist confidentiality;

For any eventual complain or warning about data treatment, report to **Dr. Piera Briganti**, legal representative for data treatment.

In the event this would not be possible, it's safe to report to Data Protection Authority, using the appropriate channels.

State/City

On the of

Signature