

## Consent to Record

### Permission to Record Counseling Sessions

- Allowing me to record our sessions may offer you several advantages. Recordings allow me an unparalleled way to review and reflect on our progress toward your therapeutic goals. Research indicates this type of review can lead to increased positive outcomes for you. Recordings also facilitate consultations with other mental health professionals, who are legally bound to the same confidentiality guidelines as me, so you may benefit from additional professional expertise regarding your situation.
- Additionally, recordings assist me in my continuing professional consultation, education, and development as a psychologist. During these viewings no identifying information will be presented about you. If by chance someone in the consultation or training group was to know you or a member of your family, they will be asked immediately to leave the group and will not be permitted to participate in the portion of the meeting involving your case. Your case information and the copy of your recorded session will remain with me and will not be reproduced or shared at any point. Once the review has taken place, your session file and/or dvd copy of your session will be deleted permanently.
- You are under no obligation to permit me to audio- or video-record our work together. Additionally, you may decide to withdraw any permission previously given by letting me know in writing. In either case, your choices will not affect your ability to receive, or continue receiving, counseling services from me.
- Recordings are not part of your client file. They are kept in secure storage and used only for approved clinical and professional development purposes. I reserve the right to delete any recordings I have created if I no longer think they have continuing clinical value.

By signing below, I give my consent to allow recordings of my confidential therapy session(s) with Rachel Orleck-Lubka, Psy.D. to be viewed for the purposes listed above.