



## Skype Counselling Consent

**Please discuss with Bernadette if you would prefer to use another application.**

This document is designed to inform you of the protections and risks associated with Skype Counselling and to seek your informed consent to participate in Skype Counselling.

All Skype-to-Skype voice, video, file transfers and instant messages are encrypted. This protects users from potential eavesdropping by malicious users.

Skype uses the AES (Advanced Encryption Standard), also known as Rijndael, which is used by the US Government to protect sensitive information, and Skype has for some time always used the strong 256-bit encryption.

There are known security vulnerabilities with Skype, but no more so than any Internet-ready application. Whilst highly unlikely, the primary risks associated with providing counselling over a public platform are:

1. The ability to locate the parties to the conversation geographically (known as a geolocation vulnerability), which means that someone could locate your position by knowing your IP address (where your computer is connected). This risk is low, however a way of changing your IP address is to make sure you reboot your modem, this will hopefully pick up another IP address from the pool that your Service Provider has.
2. Someone may 'hack' or overhear and record the conversation. This means your computer has possibly been compromised by one of many viruses that are able to detect what a user is doing, a form of remote connection, and this information could be sent to a third party who is collecting your internet traffic. This is more likely if the user's computer is compromised rather than an issue with Skype itself. Using an up-to-date anti-virus program will help to prevent this from happening.
3. Some or all traffic between the two parties could travel via the United States of America, where Skype Inc. servers are located at its headquarters. This is considered a low risk as the metadata is kept like any other Internet connection. Information collected is date, location, time but not the conversation itself.

Bernadette Zeeman uses an up-to-date anti-virus program at all times.

It is also advisable for clients to use up-to-date versions of Windows, Skype and anti-virus software. More information on Skype security is available at <http://www.skype.com/en/security/>

In consenting to receive Bernadette Zeeman's services via Skype you acknowledge these risks and consent to proceed with counselling on this basis.

### **Confirmation of informed consent**

I have read and understood the above information. I acknowledge that the protections and risks associated with Bernadette Zeeman's Skype Counselling have been explained to me by Bernadette Zeeman .

I give my informed consent for Bernadette Zeeman to provide me with Skype Counselling.

Client's Name:

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Client's Signature:

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Date: / /2020

Counsellor's Name: **Bernadette Zeeman**

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Counsellor's Signature:

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Date: / /2020