



Cell Phone Policy

During a therapy session, it's generally expected that cell phones are turned off or silent to minimize distractions and maintain focus on the therapeutic process. The primary goal is to create a dedicated space for open communication and introspection.

- **Minimizing Distractions**
 - Cell phones can be a major source of distraction, potentially disrupting the flow of conversation and hindering the client's ability to fully engage in the therapeutic process.
- **Maintaining Focus**
 - Therapy sessions are designed to be a safe and confidential space for clients to explore their thoughts and feelings. A phone ringing or buzzing can break that sense of security and disrupt the therapeutic alliance.
- **Confidentiality**
 - While not always a concern, the potential for a phone to record or transmit information, even inadvertently, raises issues of confidentiality, especially in the context of teletherapy.
- **Lock Boxes**
 - Lock boxes are provided outside each therapy room to secure your cell phone. You will be given the key during the session for your comfort.

By signing below, I understand and agree with the Cell Phone Policy.

Signature

Date