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E-Sessions & E-Mail Guidelines:

I charge \$25.00 per e-mail. This charge is for reading your email, journaling, paperwork that you are requesting that I read, and responding to the specific issues addressed in your e-mail. It also includes reading your response to my e-mail and making a quick response to your response e-mail.

I provide e-therapy, which is more like coaching and is not psychotherapy. I am providing this type of service in which to use the computer as the medium for us to communicate. If a current clients (whether in office, On-Line, or 20 minute coaching) wants to schedule a phone consult or instant message (in real time), my fees are the same as in the office, or stated on my website for the time scheduled.

Please note that while E-Therapy is a great form of communication, it is not always a confidential means of communication. There is a chance that these files could be exposed to an unknown third party on the Internet. However small, when you make the decision to engage in e-mail, you understand and agree to that knowledge.

There is a 48 hour window before your e-mail is responded to unless other arrangements have been made. I will not allow this form of communication if you are suicidal, homicidal, or in an unhealthy state of mind that may cause you self-harm.

Sincerely,

Cindi Stoneman, MA, LPC

Before your e-therapy, e-session, e-mail please sign, and scan back to [cindi@cindistoneman.com](mailto:cindi@cindistoneman.com).  
Thank you.

\_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_