

Information and consent for psychological study counseling

All employees of the psychological study counseling service and the Student Lifecycle Services department are subject to statutory confidentiality and data protection. If you have provided us with personal data, this will be used to contact you and anonymously for statistical purposes. Your data will not be passed on to third parties outside the Ruhr University Bochum. For the purpose of professional advice, however, it may be necessary in individual cases for information on counseling situations to be discussed within the psychological study counseling team or specifically with individual colleagues in the Student Lifecycle Services department. These internal meetings serve solely to ensure the best possible advice and are carried out in compliance with all data protection regulations.

If you decide to have a telephone or video consultation, you agree that personal concerns can be discussed confidentially within the framework of the confidentiality and data security that can be achieved by telephone and video technology. For individual video consultations we use dfN.Conf., a video software from universities, the server is located in Germany. End-to-end encryption is used. Alternatively we use Zoom, for which the RUB has a license with increased security precautions.

More detailed information can be found here:

<https://www.it-services.ruhr-uni-bochum.de/bk/Datenschutz-Zoom.html>

<https://www.it-services.ruhr-uni-bochum.de/bk/DFNconf.html>

Please ensure that you are not disturbed during the conversation. The conversation may not be recorded or saved by any participant. Only the consultant with whom you have made the appointment will speak to you and, if necessary, our intern after consultation with you. We take notes during or after the conversation, which serve solely for our personal documentation purposes and are not passed on to third parties.

Data protection in the psychological video session also depends on how well your computer (or tablet, PC, smartphone, etc.) is secured. Malware can record and forward video transmissions. Protection includes, among other things, an up-to-date operating system and an up-to-date virus protection program as well as an activated firewall.

Notice Regarding Our Group Programs

Our group programs do not constitute therapeutic interventions and are not a substitute for psychotherapy. Participation requires a fundamental level of psychological stability as well as relative stability in current life circumstances. During particularly challenging life phases, group participation may at times feel overwhelming or may not provide the desired support.

In such situations, a group setting may not be appropriate to an individual's psychological needs. Therefore, based on our professional assessment, we reserve the right to advise against or decline participation in individual cases. Should this occur, we will be pleased to work with you to determine whether an alternative option—such as individual counseling—may be appropriate and feasible.

I agree that my stated data may be collected, stored and used for these purposes.

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[Location]

Signature