



Telepsychology Informed Consent

This Informed Consent for Telepsychology, using technology to connect the therapist and client instead of meeting face to face, contains important information on providing psychotherapy over the phone or the internet. Please read this carefully, and let me know if you have any questions. When you sign this document, it will represent an agreement between us.

Benefits and Risks of Telepsychology

Telepsychology refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of telepsychology is that the client and clinician can engage in services without being in the same physical location. This can be helpful in ensuring continuity of care if the client or clinician moves to a different location, takes an extended vacation, during a pandemic, or is otherwise unable to continue to meet in person. It may also be more convenient and takes less time. Telepsychology, however, requires technical competence on both our parts to be helpful. Although there are benefits of telepsychology, there are some differences between in-person psychotherapy and telepsychology, as well as some risks. For example:

- Risks to confidentiality. Because telepsychology sessions take place outside of the therapist's private office, there is potential for other people to overhear sessions if you, the client, is not in a private place during the session. On my end I will take reasonable steps to ensure your privacy, such as conducting the session in my office and using headphones. But it is important for you to make sure you find a private place for our session where you will not be interrupted, distracted, or feel limited in what you can say. You should participate in therapy only while in a room or area where other people are not present and cannot overhear the conversation.
- Issues related to technology. There are many ways that technology issues might impact telepsychology. For example, technology may stop working during a session. Also, other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies. We will use a HIPAA approved platform so the risk of that happening is quite low.
- Efficacy. Most research shows that telepsychology is about as effective as in-person psychotherapy. However, some therapists believe that something is lost by not being in the same room. For example, there is debate about a therapist's ability to fully understand non-verbal information when working remotely.

Platform of Communication

I will be using the SpruceHealth app or the website Sprucehealth.com. For groups of two or more people, I will be using GoToMeeting. These are free services to clients. In order to engage in video sessions, you must download the appropriate app and create an account, or create an account online. You may have the video session on your phone if you download the app or have the video session on your computer if you only opt to register online. Whatever means you use, you need to have a working camera and the microphone needs to be functioning. You must also have an internet connection. If we opt to do a phone only session, no video, please still use the Spruce app because it will ensure that our phone connection is private, secure, and confidential.



Confidentiality

The extent of confidentiality and the exceptions to confidentiality that I outlined in my Informed Consent still apply in telepsychology. Please let me know if you have any questions about exceptions to confidentiality.

Emergencies and Technology

Assessing and evaluating threats and other emergencies can be more difficult when conducting telepsychology than in traditional in-person therapy. To address some of these difficulties, we will create an emergency plan before engaging in telepsychology services. I will ask you where you are located in case of an emergency and would need to dispatch emergency services to your location. I will also ask you to identify an emergency contact person who is near your location and who I will contact in the event of a crisis or emergency to assist in addressing the situation.

If the session is interrupted for any reason, such as the technological connection fails, and you are having a medical emergency, do not call me back; instead, call 911, or go to your nearest emergency room. Call me back after you have called or obtained emergency services.

If the session is interrupted and you are not having an emergency, disconnect from the session and I will wait and I will attempt to reconnect with you using SpruceHealth. I will make a couple attempts to connect with you. If I cannot connect with you on video, I will call you on the telephone. If you do not receive a call back within two (2) minutes, then call me on my business number: 765-204-5854. I will make every attempt to reconnect with you, even if it is at the end of our session. If there is a technological failure on my end and we are unable to resume the connection, you will only be charged the prorated amount of actual session time.

Fees

The same fee rates will apply for telepsychology as apply for in-person psychotherapy. You are responsible for the entire fee of the session. If you are submitting your claims to your insurance company, some insurance or other managed care providers may not cover sessions that are conducted via telecommunication. If you have not already done so, please contact your insurance company prior to our engaging in telepsychology sessions in order to determine whether these sessions will be covered.

Records

The telepsychology sessions shall not be audio or video recorded in any way unless agreed to in writing by mutual consent. I will chart on our session in the same way I chart in-person sessions in accordance with my policies.



Emergency Contact

You have already given your emergency contact information in the Client Information Form. This is the contact that I will use if there is an emergency and I need to call someone. I will be breaking confidentiality by sharing that you are in therapy, your location, and other minimal details. I will leave a message if I can not speak with the person directly.

If your emergency contact is different when doing telepsychology, please list it below:

Name: _____ Relationship to you: _____

Phone: _____

Informed Consent

This agreement is intended as a supplement to the general informed consent that we agreed to at the outset of our clinical work together and does not amend any of the terms of that agreement. Your signature below indicates agreement with its terms and conditions.

Client Printed Name

Client Date of Birth

Signature of Client or Guardian

Today's Date