



INFORMED CONSENT FOR TELEHEALTH

This Informed Consent for Telehealth services contains important information focusing on receiving services using 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 Telehealth

Telehealth refers to providing clinical services (including physical health evaluation, psychiatric evaluation, psychotherapy, etc.) remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of telehealth is that the client and clinician can engage in services without being in the same physical location. This can be helpful for ensuring continuity of care if the client or clinician moves to a different location, takes an extended vacation, or is otherwise unable to continue to meet in person. Telehealth, however, requires technical competence on both our parts to be helpful. Although there are benefits of telehealth, there are some differences between in-person services and telehealth services, as well as some risks. For example:

- Location. Because I am licensed only in the state of Washington, you must be located within the state of Washington at the time of the visit to receive services.
- Risks to confidentiality. Because telehealth sessions take place outside of the provider's private office, there is potential for other people to overhear sessions if you are not in a private place during the session. On my end I will take reasonable steps to ensure your privacy. But it is important for you to make sure you find a private place for our session where you will not be interrupted. It is also important for you to protect the privacy of our session on your computer or other device. You should participate in telehealth services 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 telehealth. For example, technology may stop working during a session, other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies.
 - Crisis management and intervention. Usually, I will not engage in telehealth with clients who are currently in a crisis situation requiring high levels of support and intervention. Before engaging in telehealth, we will develop an emergency response plan to address potential crisis situations that may arise during the course of our telehealth work. Typically, this consists of you or I calling 911 or seeking transport to the nearest emergency department.
- Efficacy. Most research shows that telehealth is about as effective as in-person services. However, some providers 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 communication (facial expressions, hand gestures, body postures) when working remotely, which could lead to inadequate diagnosis and treatment plan.

Electronic Communications

We will decide together which kind of telehealth service to use. You may need certain computer or cell phone systems to use telehealth services. You are solely responsible for any cost to you to obtain any necessary equipment, accessories, or software to take part in telehealth. As of the date of the last revision, our systems work best on the Chrome browser.

Confidentiality

I have a legal and ethical responsibility to make my best efforts to protect all communications that are part of our telehealth. However, the nature of electronic communications technologies is such that I cannot guarantee that our communications will be kept confidential or that other people may not gain access to our communications. I will try to use updated encryption methods, firewalls, and back-up systems to help keep your information private, but there is a risk that our electronic communications may be compromised, unsecured, or accessed by others. You should also take reasonable steps to ensure the security of our communications (for example, only using secure networks for telehealth sessions and having passwords to protect the device you use for telehealth).

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

Appropriateness of Telehealth

From time to time, we may schedule in-person sessions to check-in with one another face-to-face. I will let you know if I decide that telehealth is no longer the most appropriate form of treatment for you. We will discuss options of engaging in in-person counseling or referrals to another professional in your location who can provide appropriate services.

Emergencies and Technology

If a telehealth session is interrupted for any reason, such as the technological connection fails, and you are having an 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 two (2) minutes and then re-contact you via the telehealth platform on which we agreed to conduct therapy. If we are not able to reconnect via the telehealth platform, I will call you at the phone number that is on file for you.

If there is a technological failure and we are unable to resume the connection by any manner, you will only be charged the prorated amount of actual session time.

Fees

The same fee rates will apply for telehealth as apply for in-person services. However, insurance or other managed care providers may not cover sessions that are conducted via telecommunication. If your insurance, HMO, third-party payor, or other managed care provider does not cover electronic telehealth services, you may be solely responsible for the entire fee of the session. **Please contact your insurance company prior to our engaging in telehealth sessions to determine whether these sessions will be covered.**

Records

Our telehealth sessions will not be recorded in any way unless agreed to in writing by mutual consent. I will maintain a record of our session in the same way I maintain professional records of in-person sessions in accordance with my policies.

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.

Confirmation of Agreement

Clients 13 years and older:

Client Printed Name _____ Signature _____ Date _____

Parent or Guardian, if client is under 13 years of age:

Printed Name _____ Signature _____ Date _____