

TELETHERAPY CONSENT FORM

Precautions for addressing concerns about the Coronavirus Disease (COVID-19)

Definition of Services:

I, _____, hereby consent to engage in teletherapy with _____. Teletherapy is a form of psychological service provided via internet technology, which can include videoconferencing using interactive audio, video, or data communications. I understand that teletherapy involves the communication of my medical/mental health information, both orally and/or visually.

Teletherapy has the same purpose or intention as psychotherapy or psychological treatment sessions that are conducted in person. However, due to the nature of the technology used, I understand that teletherapy may be experienced somewhat differently than face-to-face treatment sessions.

I understand that I have the following rights with respect to teletherapy:

Client's Rights, Risks, and Responsibilities:

1. I, the client, need to be a resident of California. (This is a legal requirement for psychologists practicing in this state under a CA license.)
2. I, the client, have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment.
3. The laws that protect the confidentiality of my medical information also apply to teletherapy. As such, I understand that the information disclosed by me during the course of my therapy or consultation is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, which are described in the general Consent Form I received at the start of my treatment.
4. I understand that there are risks and consequences of participating in teletherapy, including, but not limited to, the possibility, despite best efforts to ensure high encryption and secure technology on the part of my psychologist, that: the transmission of my information could be disrupted or distorted by technical failures; the transmission of my information could be interrupted by unauthorized persons; and/or the electronic storage of my medical information could be accessed by unauthorized persons.
5. There is a risk that services could be disrupted or distorted by unforeseen technical problems.

6. I understand that there is a risk of being overheard by anyone near me if I am not in a private room while participating in teletherapy. For this reason, I am encouraged to use headphones. I am responsible for (1) providing the necessary computer, telecommunications equipment and internet access for my teletherapy sessions, and (2) arranging a location with sufficient lighting and privacy that is free from distractions or intrusions. It is the responsibility of the psychological treatment provider to do the same on their end.

7. I understand that dissemination of any personally identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without my written consent.

8. I understand that reimbursement for teletherapy varies according to insurance companies. We recommend calling your insurance company to see what the coverage will be.

I have read, understand and agree to the information provided above regarding telehealth:

Client's Signature: _____ Date _____

Therapist's Signature: _____ Date _____