

Consent to Videoconferencing and Teletherapy

The use of videoconferencing and telephone services for therapy has been shown to be effective but also involves special considerations:

- Prior to offering such services, I require a minimum of 6 sessions to assess your suitability for this service. I do NOT offer videoconferencing or teletherapy services to those for whom I have not performed an in person assessment.
- Residency: if you relocate or change your legal residence to a location outside of California, we will no longer be able to continue our work and must determine an appropriate continuity of care plan.
- Emergency: if you require crisis assistance, you will need to access care in your area. Please call 911 or go to the nearest emergency room.
- Location: Please consider your location during any phone or videoconferencing meetings to reduce distraction and protect your privacy. You should also be aware of potential security issues with your computer. I will be using a HIPAA compliant platform, breakthrough.com (unless we have technical issues with this site). I will only use a HIPAA compliant platform for this service.
- Efficacy: If the use of technology is not working well for us, please let me know. There will be times when technology fails us and we need to reschedule or resort to another means of connecting. We will need to include time to assess the use of technology during our meetings and if we are unable resolve our issues with the technology, we will need to transition your therapy to another provider or plan.
- Training: This is a new method of service delivery for me if I deem that this is not beneficial or effective, I will let you know that I recommend switching back to in-person treatment.
- Frequency: I require that we have at least 50% of our meetings as face-to-face sessions per month.
- Records: I will continue to document and retain records of our meetings.
- Reporting Requirements: All mandated reporting requirements regarding Child, Elder, and Dependent Abuse, as well as and Suicidal and Homicidal Risk are still in effect.
- FEES: Phone and video sessions are sometimes not covered by insurance and I offer them fee-for-service only. I can appropriately code these services on your Supberbill, but be aware that your insurance may not cover them.

We have reviewed and discussed these items:

Signature of client(s)

Date

Signature of client(s)

Date