INFORMED CONSENT FOR TELEPSYCHOLOGY

This Informed Consent for Telepsychology contains important information regarding psychological treatment using the phone or 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.

Emergencies

See separate Informed Consent for Treatment and Financial Agreement for emergency procedures.

Benefits and Risks of Telepsychology

Telepsychology refers to providing psychological services remotely using telecommunications technologies, such as video conferencing or telephone. There are differences between in-person psychotherapy and telepsychology, including some potential risks. Some differences include:

- <u>Risks to confidentiality</u>. I will take reasonable steps on my end to ensure your privacy and will conduct sessions from a private space. You should find a private place for your sessions where other people are not present and where no one can overhear the conversation. Technology also introduces risks to confidentiality. You should protect the privacy of our session on the device you use for telepsychology sessions.
- <u>Technology requirements</u>. Certain technology is required to use telepsychology services. You are solely responsible for any cost to you to obtain any equipment, accessories, or software to take part in telepsychology.
- <u>Issues related to technology</u>. Technology issues may impact therapy sessions from time to time. For example, technology may malfunction, others might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies.
- <u>Crisis management and intervention</u>. Telepsychology is typically not appropriate for clients who are in a crisis situation requiring high levels of support and intervention. Before engaging in telepsychology, we will develop an emergency response plan to address potential crisis situations that may arise during the course of our telepsychology work.
- <u>Efficacy</u>. Available research suggests that telepsychology is comparable in effectiveness to inperson psychotherapy. Some clinical information, like body language or physical injuries, may be unavailable to the therapist when working remotely, which could impact outcomes.

Confidentiality

The extent of confidentiality and the exceptions to confidentiality that are outlined in the *Informed Consent for Treatment and Financial Agreement* document still apply in telepsychology. Please let me know if you have any questions about exceptions to confidentiality.

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. There is always a risk that our electronic communications may be compromised, unsecured, or accessed by others. I will make pertinent efforts to protect all communications that are a part of telepsychology. You should also take reasonable steps to ensure the security of our communications (e.g., only using secure networks for telepsychology sessions, avoiding public wifi, and having passwords to protect the device you use for telepsychology).

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While I utilize a telehealth platform that enhances security and HIPAA compliance, total security can never be guaranteed. The telehealth platform I use protects data privacy by securely encrypting all audio and video communication and transmitting it from point-to-point in a manner that that even the technology company itself does not have access to any identifiable health information. In addition, this company provides a business associate agreement in accordance with HIPAA regulations in which the company agrees to be responsible for keeping all patient information secure and agrees to immediately report any breach of personal health information.

Appropriateness of Telepsychology

As your psychologist, there may come a time when I may determine that telepsychology is no longer appropriate and that treatment should resumed in-person. I will discuss options of engaging in in-person counseling or referrals to another professional in your location who can provide appropriate services.

Fees

The fees for telepsychology are the same as those for in-person psychotherapy. However, some insurance or other managed care providers may not cover sessions that are conducted via telecommunication. You are responsible for contacting your insurance company prior to our engaging in telepsychology sessions in order to determine whether these sessions will be covered. If your insurance, HMO, third-party payor, or other managed care provider does not offer reimbursement for telepsychology, you will be responsible for all treatment fees. When necessary, I will attempt to negotiate a reduced fee for those who are unable to pay the full fee.

Records

The telepsychology sessions shall not be recorded in any way by any party unless agreed to in writing by all parties. I will maintain a record of our session in the same way I maintain records of in-person sessions in accordance with my policies.

Informed Consent

This agreement is intended as a supplement to the Informed Consent for Treatment and Financial Agreement that is signed at the outset of psychological services and does not amend any of the terms of that agreement. Your signature below indicates that you understand the risks of telepsychology, that you agree that the technology used in your telepsychology treatment is acceptable to you, that you have received answers to any questions you have about the contents of this form, and that you consent to the terms and conditions outlined in this contract.

Patient Signature	Printed Name	Date
Legal Guardian/Responsible Party (if not patient)	Relationship to Patient	Date

You may revoke this agreement in writing at any time. Such revocation will be binding unless (a) Dr. Goldman has taken action in reliance on it; (b) there are obligations imposed on him by your health insurer in order to process or substantiate claims made under your policy; or (c) you have not satisfied financial obligations you have incurred.

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