

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:

- Risks to confidentiality. 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.
- Technology requirements. 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.
- Issues related to technology. 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.
- Crisis management and intervention. 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.
- Efficacy. Available research suggests that telepsychology is comparable in effectiveness to in-person 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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