

Informed Consent for Teletherapy

First Name _____ Last Name _____

Client's First Name (if different than above) _____

Client's Last Name (if different than above) _____

Client's Date of Birth _____

Auburn Psychology Group, LLC can deliver a series of Telehealth programs and services to you. The sessions will occur using a HIPAA Compliant software platform that allows us to meet over the Internet using a video camera and microphone enabled device.

Mental health services to anyone with a computer, broadband Internet connection, webcam, and microphone. Online counseling, or "Teletherapy," is when a professional counselor or psychotherapist talks with a client over the Internet to give emotional support, mental health assessment, goal setting and a treatment plan. This process can be one question or an ongoing conversation. Teletherapy is a viable alternative to therapy in person, especially when medical complications or other circumstances limit a one's ability to see a therapist in person. Teletherapy is a source of help when traditional psychotherapy is not accessible. Skilled, licensed, qualified, and ethical professionals conduct your Teletherapy. For some people, it's the only way they can get help from a professional therapist. Technology basics are required for practitioners who choose to deliver therapeutic services via technology.

Auburn Psychology Group, LLC Teletherapy Services Agreement and Informed Consent

As a Client of Auburn Psychology Group, LLC, I agree to the following:

1. Unless we both explicitly agree otherwise, our teletherapy exchange is confidential, and the video and audio will not be recorded. Any personal information you choose to share with me will be held in the strictest confidence. Just as for my face-to-face clients, I will not release your information to anyone without your prior approval, or I am required to do so by law. In Alabama we are required to notify authorities if we become convinced a client is about to physically harm someone; or if they are abusing, or about to abuse, children, the elderly, or the disabled. I will ask you for your location at the beginning of each session, so that in the unlikely event of an emergency, I know how to help authorities reach you.

2. Helping you build the life you want is what our exchange is all about. We should not continue any process that is counter-productive in that respect. Either of us is free to terminate our relationship at any time and for any reason. If you decide to terminate, I believe it would be to your benefit to write me a short note stating the reasons for your leaving. There would, of course, be no charge for such a note. In the unlikely event, I become convinced our Teletherapy is not in your best interests (see below), I will explain that to you and suggest some alternative options better suited to your needs.

3. While Teletherapy is a great way to get help with many of life's problems, overwhelming or potentially dangerous challenges are best met with face-to-face professional support. You understand that our Teletherapy is neither a universal substitute nor the same as, face-to-face psychotherapy treatment. You accept the distinctions made using Teletherapy vs. face-to-face psychotherapy. You accept that Teletherapy does not provide emergency services.

4. You are responsible for information security on your computer. If you decide to keep copies of our emails or communication on your computer, it's up to you to keep that information secure. Unfortunately, I cannot guarantee the security of our e-mails as they travel between our computers but the platform we use is encrypted, so it is confidential. It is possible, though unlikely, to intercept e-mails in transit.

5. In the event that our connection is disrupted, we will attempt to reach you by sending you a new link to the session. If that does not work, we will contact via telephone. .

6. Insurance coverage for teletherapy may be different than for in-person sessions. You should check with your insurance company to determine what they will pay. You are responsible for any fees unpaid by the insurance company.

7. Our Teletherapy is a means by which you, the e-client, can receive coaching, counseling, information and guidance from an experienced psychotherapist. It is perhaps most accurately perceived as a process creating, over time, a trusting and collaborative relationship. In our collaboration, you retain the right to determine which topics we cover and the depth of consideration each receives. In other words, as an e-client, you are free to contribute or withhold any information you choose. Moreover, you are under no obligation to apply information and/or opinions I contribute to our Teletherapy. While I hope that you will find our exchange useful in your efforts to help yourself and improve your life, it is not possible to guarantee that. There is a growing body of research supporting the use of Teletherapy, but it is best considered experimental while it's efficacy continues to be validated scientifically. There are no other explicit or implied commitments in our Teletherapy relationship.

Signature

Date