



## INFORMED CONSENT FOR TELEPSYCHOLOGY

This Informed Consent for Telepsychology contains important information focusing on doing psychotherapy using the phone or the Internet.

### **Benefits and Risks of Telepsychology**

One of the benefits of telepsychology is that the client and clinician can engage in services without being in the same physical location.

There are some differences between in-person psychotherapy and telepsychology, as well as some risks. For example:

- Efficacy. Most research shows that telepsychology is about as effective as in-person psychotherapy. However, some therapists believe that something is lost by not being in the same room.
- Risks to confidentiality. There is potential for other people to overhear sessions if you are not in a private place during the session. On our end, Teen Health will take reasonable steps to ensure your privacy. But it is important for you to make sure you find a private place for our session where you will not be interrupted.
- Issues related to technology. There are many ways that technology issues might impact telepsychology. For example, technology may stop working during a session. If that happens, we will make a plan for reconnecting (e.g., talk by phone). Also all technologies come with some risk for breach of information. Other people might gain unauthorized access to our private conversation. Please know Teen Health will be using a HIPPA secure encrypted video-conferencing program.
- Crisis management 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 visits.

### **Electronic Communications**

You may have to have certain computer or cell phone systems to use telepsychology services. You are solely responsible for any cost to you to obtain any necessary equipment, accessories, or software to take part in telepsychology.

### **Confidentiality**

Teen Health has a legal and ethical responsibility to protect our communications. We use updated encryption methods, firewalls, and back-up systems to help keep your information private, but there is a risk that our electronic communications may be compromised, unsecured,



or accessed by others. You should also take reasonable steps to ensure the security of our communications (for example, only using secure networks for telepsychology sessions and having passwords to protect the device you use for telepsychology).

### **Emergencies and Technology**

Assessing risk of harm can be more difficult when conducting telepsychology than in traditional in-person therapy. To address some of these difficulties, we will create an emergency plan before engaging in telepsychology services.

To begin, please name an emergency contact person who is near your location that I can contact in the event of a crisis or emergency to assist.

If the session is interrupted for any reason, such as the technological connection fails, and you are having an emergency, I will call 911 and your emergency contact person, so that you can get help right away. You can also call 911, or go to your nearest emergency room.

If the session is interrupted and you are not having an emergency, disconnect from the session and I will wait two (2) minutes and then re-contact you via the telepsychology platform. If you do not receive a call back within two (2) minutes, then call me on the emergency phone number I provided you (409-221-3556).

### **Recording**

The telepsychology sessions shall NOT be audio/video recorded in any way unless agreed to in writing by mutual consent. Teen Health will maintain a health record of our session in the same way we maintain records of in-person sessions in accordance with our policies.

### **Informed Consent**

This agreement is intended as a supplement to the general informed consent.

\_\_\_\_\_  
Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist

\_\_\_\_\_  
Date