



PSYCHOTHERAPY & PASTORAL COUNSELING ASSOCIATES

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INFORMED CONSENT CHECKLIST FOR TELE-HEALTH SERVICES

Prior to starting video-conferencing services in the midst of the current Coronavirus/COVID-19 crisis, we discussed and agreed to the following:

- There are both potential benefits and risks of videoconferencing (e.g. limits to patient confidentiality) that differ from in-person sessions.
- Confidentiality still applies for tele-health services, and nobody will record the session without the permission from the others person(s).
- We agree to use the video-conferencing platform selected for our virtual sessions, and the therapist will explain how to use it.
- You need to use a computer webcam, smartphone or phone during the session.
- It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public/free Wi-Fi.
- It is important to be on time. If you need to cancel or change your tele-appointment, you must notify the therapist in advance by phone or email.
- We need a back-up plan (e.g., phone number where you can be reached) to restart the session or to reschedule it, in the event of technical problems.
- We need a safety plan that includes at least one emergency contact and the closest ER to your location, in the event of a crisis situation.
- If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in tele-health sessions.
- PPCA's current understanding is that most insurance companies will reimburse for the video sessions; we will continue to check on this regularly; you remain responsible for your co-pay or previously agreed upon fee
- As your therapist, I may determine that due to certain circumstances, tele-health is no longer appropriate and that we should resume our sessions in-person.

Client Name/ Signature

Date

Therapist Name / Signature:

Parent's/Legal Representative Signature