Psychological Health Associates
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(860) 233-9772

TELETHERAPY CONSENT FORM

Definition of Services:

I, _____, hereby consent to engage in tele therapy with _____. Teletherapy is a form of psychological service provided via internet technology, which can include consultation, treatment, transfer of medical data, emails, telephone conversations and /or education using interactive audio, video, or data communications. I also understand that tele therapy involves the communication of my medical/mental health information, both orally and/or visually.

Teletherapy has the same purpose or intention as psychotherapy or psychological treatment sessions that are conducted in person. However, due to the nature of the technology used, I understand that teletherapy may be experienced somewhat differently than face-to-face treatment sessions.

I understand that I have the following rights with respect to tele therapy:

Client's Rights, Risks, and Responsibilities:

1. I, the client, need to be a resident of Connecticut (This is a legal requirement for psychologists practicing in this state under a CT license.)

2. I, the client, have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment.

3. The laws that protect the confidentiality of my medical information also apply to teletherapy. As such, I understand that the information disclosed by me during the course of my therapy or consultation is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, which are described in the general Consent Form I received at the start of my treatment.

4. I understand that there are risks and consequences of participating in teletherapy, including, but not limited to, the possibility, despite best efforts to ensure high encryption and secure technology on the part of my therapist, that: the transmission of my information could be disrupted or distorted by unforeseen technical failures; the transmission of my information could by interrupted by unauthorized persons; and/or the electronic storage of my medical information could be accessed by unauthorized persons. If this should occur, the back-up number at which I may be reached to re-start the session is: _____.

5. I understand that it is important to use a secure internet connection rather than a public/free Wi-Fi.

6. In addition, I understand that teletherapy based services and care may not be as complete as face-to-face services. I also understand that if my psychotherapist believes I would be better served by another form of therapeutic services (e.g. face-to-face services) I will be referred to a professional who can provide such services in my area.

7. I understand that I must confirm with my insurance company that the video sessions will be reimbursed; if they will not be reimbursed, I will be responsible for the charges.

8. I accept that teletherapy does not provide emergency services. If I am experiencing an emergency situation, I understand that I can call 911 or proceed to the nearest hospital emergency room for help, which is _____. If I am unable to call 911, my emergency contact is: _____. If I am having suicidal thoughts or making plans to harm myself, I can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for free 24 hour hotline support. Clients who are actively at risk of harm to self or others are not suitable for tele therapy services. If this is the case or becomes the case in future, my psychotherapist will recommend more appropriate services.

9. I understand that there is a risk of being overheard by anyone near me if I am not in a private room while participating in teletherapy. I am responsible for (1) providing the necessary computer, telecommunications equipment and internet access for my tele therapy sessions, and (2) arranging a location with sufficient lighting and privacy that is free from distractions or intrusions for my teletherapy session. It is the responsibility of the psychotherapy treatment provider to do the same on their end.

10. I understand that dissemination of any personally identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without my written consent.

I have read, understand and agree to the information provided above regarding telehealth:

Client's Signature: _____ Date_____
Therapist's Signature: _____ Date_____