



Telehealth Guidelines

In compliance with the NM Department of Health guidelines I have suspended in-person therapy. We will meet at your scheduled time but will do so via video or telephone. I have chosen a video-therapy tool that has been approved by the American Psychological Association because it is encrypted and HIPPA compliant. There is no additional fee, you do not need to set up an account, you only need to enter your first name, it is never recorded, and the video is automatically deleted when we hang up.

For remote therapy with me, please confirm that you have received this letter and given consent for telehealth services. Please also inform me if you would prefer that I send information via snail mail or encrypted email.

You may choose from the following options:

1. Please complete the **Telehealth Consent Form**. You may either sign it and
 - a. Email it back to me: najjar@innerwisdomcounseling.com. OR
 - b. Snail mail it to me: 11005 Spain Rd. NE, Suite 10, Albuquerque, NM 87111
 2. Alternatively, if you do not want to give consent for telehealth services, you have the right to decline doing so and to seek services elsewhere.
- Video is much more ideal for the therapy process and your confidentiality. However, if you do not have access to reliable internet or do not want to use a video platform, you may request to have sessions by phone. If you choose a phone session, I will call you at the time of our appointment.
 - If you choose a video session: Go to www.doxy.me/innerwisdomcounseling
 - Enter your first name to “enter my waiting room.” It may show me as offline until I connect with you.
 - If we are not able to connect, if we have connectivity issues, or we accidentally disconnect, *I will call* you back on your phone so that we don’t try at the same time and get voicemail.
 - Please seat yourself as if you are in my office. Choose a private place so others can’t listen in or interrupt. Turn off anything that could distract.
 - Use secure Wi-Fi as a way to protect your privacy.
 - Payment for sessions will operate the same as in-person sessions. You may either snail mail me cash, or a check made out to “Inner Wisdom Counseling.” I can also accept a credit card payment at the time of your visit.
 - I can promise you that we will have the same confidentiality and privacy via telehealth as an in-person office visit.

Thank you for helping me with this process and for your patience with any potential hiccups as we are using telehealth. We will return to in-person sessions as soon as our healthcare and government officials advise that is reasonable for all people to do so, including those at high risk. I will look forward to meeting you in person again when this crisis has passed (and it will pass).

Thank you,
Linda Najjar, Ph.D.
Licensed Psychologist
Inner Wisdom Counseling, L.L.C.