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INFORMED CONSENT FOR TELETHERAPY

This informed consent for Teletherapy contains important information focusing on doing psychotherapy using the phone or Internet. Please read it carefully, and let me know if you have any questions. When you sign this document, it will represent and agreement between us.

Benefits and Risks of Teletherapy

Teletherapy refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of teletherapy is that the client and clinician can engage in services without being in the same physical location. This can be helpful in ensuring continuity of care if the client moves to a location, takes an extended vacation, or is otherwise unable to continue to meet in person. It is also more convenient and takes less time. Teletherapy, however, requires technical competence on both our parts to be helpful. Although there are benefits to teletherapy, there are some differences between in-person sessions, as well as some risks. For example:

- Risks to Confidentiality – Because teletherapy sessions take place outside of the therapist’s office, there is potential for other people to overhear sessions if you are not in a private place during the session. One my end I will take reasonable steps to ensure your privacy. It is important for you to find a private place for our session where you will not be interrupted.
- Issues to Technology - There are many ways that technology issues might impact teletherapy. For example, technology may stop working during a session, other people might be able to get access to our private conversations, or stored data could be accessed by unauthorized people or companies.
- Crisis Management and Intervention - Usually, I will not engage in teletherapy with clients who are currently in a crisis situation requiring high levels of support and intervention. Before engaging in teletherapy, we will develop an emergency response plan to address potential crisis situations that may arise during the course of our teletherapy work.
- Efficacy – Most research shows that teletherapy is about as effective as in-person psychotherapy. However, some therapists believe that something is lost by not being in the same room. For example, there is debate about a therapist’s ability to fully understand non-verbal information when working remotely.

Electronic Communication

We will decide together what kind of teletherapy service to use. You are solely responsible for any cost to you to obtain any necessary equipment to take part in teletherapy.

For communication between sessions, I will use email and text messaging only with your permission and only for administrative purposes unless we have made another agreement. This includes things like setting appointments, billing

matters, and other related issues. I cannot guarantee the confidentiality of any information communicated by email or text. Therefore, I will not discuss any clinical information by email or text and ask that you do not either. I do not regularly check email and texts, so these methods should not be used in an emergency. If an urgent need arises while not in session, you should feel free to attempt to contact me. If you are unable to reach me contact your family physician or nearest emergency room for the psychologist or psychiatrist on call.

Confidentiality

I have a legal and ethical responsibility to make my best efforts to protect all communications that are part of our teletherapy. However, the nature of electronic communications such that I cannot guarantee that our communications will be kept confidential or that other people may not gain access to our communications. There is a risk that our communication could be compromised, unsecured, or accessed by others.

YOUR SIGNATURE BELOW INDICATES YOU HAVE READ AND REVIEWED THIS NOTICE OF INFORMED CONSENT FOR TELETHERAPY AND THAT YOU HAVE RECEIVED A COPY OF IT.

Signature of Client (or Legal Guardian): _____

Printed Name: _____ **Date:** _____