

### INFORMED CONSENT FOR TELETHERAPY SERVICES

I understand I will be receiving psychotherapy remotely via [doxy.me](https://doxy.me), an interactive videoconferencing service. This service is provided as an alternative to in-person sessions which will resume as soon as possible. I understand my participation is voluntary and I may refuse to participate or decide to stop at any time without endangering future opportunities for therapy. My decision will be documented in my record.

**Privacy:**

[doxy.me](https://doxy.me) is encrypted and HIPPA compliant at the required standards for healthcare delivery. More detailed information can be found on their website: <https://help.doxy.me/en/articles/95911-is-doxy-me-secure>

No personal information is stored. No recordings are made or saved.

Only Jenny Pearson will be in the room at the originating site. She will wear headphones if working from home.

*Client responsibility:* To protect privacy and improve conditions at the client location, please ensure the following:

- High speed internet service
- Strong WIFI signal or a hardwire connection between computer and modem
- A consistent location, only you in the room, no interruptions
- No one able to hear your conversation through a door, etc
- Light source on your face, not backlit
- Ideally, the camera placed at eye-level

**Possible Benefits of Teletherapy:**

- Reduced risk of infection from COVID-19 (coronavirus)
- Sustained access to therapy services otherwise unavailable due to illness, disability, geographical distance
- Enhanced access to services, convenience
- Reduction of lost time at work and costs for travel

**Possible Risks of Teletherapy:**

- Technology, internet or cloud service fails or becomes unstable
- Computer or smartphone failure or in need of charge; local power outage
- Digital confidentiality breaches, i.e., hacks
- Unintended confidentiality breaches at client location
- Limited visual information compared to in-person therapy. Nuances of expression, body language, health conditions, etc may not be recognized in video sessions. Clinical choices and decisions may be impacted reducing effectiveness or preclude actions needed to prevent harm.

**Instructions for accessing doxy.me:**

Use either computer or smartphone. If using a phone, it must be stationary.

Chrome or Firefox are recommended browsers. Safari *may* be fine.

In the address line: <https://doxy.me/jennypearson>

You will find yourself in my virtual waiting room. The first time you arrive, you will be prompted to allow [doxy.me](https://doxy.me) to access your device's camera and microphone.

Jenny will activate the session on her end at your appointment time.

If there is a disruption in our connection, Jenny will call you on the cell phone number on file to complete the session. \*\*\*Interruptions may disrupt sessions and I may not be able to reach you or use the most secure or effective tools.

**Payment and Insurance Reimbursement:**

Payment in full is due at the time of service and at the same rate as in-person sessions.

If you are able to use Zelle (a bank transfer app), that would be most efficient. Personal

checks are also fine and can be sent to the office address. Receipts will be coded to

reflect a teletherapy session and sent out once a month unless otherwise requested.

As of March 22, 2020, it is not clear that all teletherapy sessions will be reimbursed by commercial insurers. You may wish to call your carrier and ask: *“Are telehealth sessions covered for behavioral health sessions provided by an out of network Licensed Clinical Social Worker (LICSW).”* Please let me know if not having reimbursement is a barrier for you to receiving teletherapy.

*My signature indicates that I have read and agree with all components of this document.*

\_\_\_\_\_  
Client signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent of under age 13 minor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Jenny Pearson, LICSW

\_\_\_\_\_  
Date