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INFORMED CONSENT FOR TELETHERAPY

This Informed Consent for Teletherapy contains important information focusing on administering therapeutic services using the phone or the internet. Please read this document carefully. When you sign this document, it will represent an agreement between you and Rooted Mind Counseling Center, LLC.

Benefits and Risks of Teletherapy

Teletherapy refers to providing therapy services remotely using telecommunications technologies, such as video conferencing or telephone.

State of Illinois Executive Department: Executive order 2020-09: Section 1 states: “Telehealth services” shall be defined to include the provision of health care, psychiatry, mental health treatment, and related series to a patient, regardless of their location, through electronic or telephonic methods such as telephone (landline or cellular), video technology commonly available on smart phones and other devices such as FaceTime, Facebook Messenger video chat, Google Hangouts video, Skype and videoconferencing, as well as any method within the meaning of “telehealth services” under section 356z.22.

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 or clinician moves to a different location, takes an extended vacation, or is otherwise unable to continue to meet in person. Teletherapy, however, requires technical competence on both client and therapists’ part to be successful. Although there are benefits to teletherapy, there are some differences between in-person therapy and teletherapy, as well as some risks. For example:

- Risks to confidentiality. Because teletherapy sessions take place outside of the therapist’s private office, there is potential for other people to overhear sessions if you are not in a private place during the session. On Rooted Mind Counseling Center’s end, we will take every reasonable step to ensure your privacy. It is also important for you to protect the privacy of our session on your cell phone or other device. You should participate in therapy only while in a room or area where you feel comfortable.
- Issues related to technology. There are many ways that technology issues might impact telepsychology. For example, technology may stop working during a session, other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies. Although not likely, it’s important to address this concern here.

Electronic Communications

Therapist and client will decide together which kind of teletherapy service to use. You

may have to have certain computer or cell phone systems to use telepsychology services. You are solely responsible for any cost to you to obtain any necessary equipment, accessories, cellular data or software to take part in teletherapy.

Confidentiality

Rooted Mind Counseling Center has a legal and ethical responsibility to make the best efforts to protect all communications that are a part of our teletherapy. However, the nature of electronic communications technologies is such that a guarantee that communications will be kept confidential or that other people may not gain access to communications can be

challenging. RRMC will try to use every measure to keep your information private, but there is always the risk that our electronic communications may be compromised, unsecured, or accessed by others. Clients should take reasonable steps to ensure the security of our communications (for example, only using secure networks for teletherapy sessions and having passwords to protect the device you use for teletherapy).

If the session is interrupted and you are not having an emergency, disconnect from the session and I will wait two (2) minutes and then re-contact you via the telepsychology platform on which we agreed to conduct therapy.

If there is a technological failure and we are unable to resume the connection, you will only be charged the prorated amount of actual session time.

Fees

The same fees/rates will apply for teletherapy as apply for in-person therapies.

However, insurance or other managed care providers may not cover sessions that are conducted via telecommunication. If your insurance provider does not cover electronic therapy sessions, you will be solely responsible for the entire fee of the session. It is up to you if you would like to contact your insurance providers ahead of time to confirm they will pay for services rendered via teletherapy.

Recordings and Documentation

The teletherapy sessions shall not be recorded in any way unless agreed to in writing by mutual consent. Sessions will be documented in the same manner as in-person sessions in accordance with RMCC's policies.

Informed Consent

This agreement is intended as a supplement to the general informed consent that has been agreed to at the outset of the client's relationship with Rooted Mind Counseling Center and does not amend any of the terms of that agreement. Your signature below indicates agreement with the terms and conditions as described in this "Informed Consent for Teletherapy" form.

Client Signature Date

Therapist Signature Date