



## Mentalyc Informed Consent

### General Notice

I have a legal and ethical responsibility to make my best efforts to protect all communications that are part of our psychotherapy sessions. I have chosen to use Mentalyc's note-taking system for psychotherapy as part of my effort to provide the best care to my clients. It provides me with an automatically generated transcript and summarization of our sessions. Mentalyc's system is HIPAA compliant and uses up-to-date encryption methods, firewalls, and backup systems to help keep your information private and secure. You are consenting for me to process our sessions using Mentalyc's system.

### Details

Recordings of our sessions will be transcribed and summarised by Mentalyc's HIPAA-compliant technology. Mentalyc doesn't store the recordings and client personal information. I may choose to keep the summarised notes as part of your confidential medical record. Mentalyc does not store session recordings or identifiable client information. Any system improvement efforts rely only on fully de-identified data, with no ability to trace information back to you. As with any technology, there are certain risks and benefits, which I will list here:

### Risks:

- All technology contains a risk of confidential information being disclosed. You can ensure the security of our communications by only using trusted secure networks for psychotherapy sessions and having passwords to protect the device you use for psychotherapy. Mentalyc mitigates this risk by ensuring up-to-date technological security and storing the data with as little identifying information as possible.
- Mentalyc Researchers will have access to your de-personalized transcripts (transcript content with removed names, emails, and other identifying information).
- The system may contain unknown bias in the way it generates the session summary and presents clinical information. This risk is mitigated by your therapist's commitment to review and modify the note as needed using their clinical expertise.

### Benefits:

- The technology allows the therapist to focus more of their attention on therapy.
- Removes the need for taking notes or trying to remember information during and after the session.
- Mentalyc reduces the therapist's workload and may help with compassion fatigue.
- The technology may provide additional clinical insights for the therapist which helps improve outcomes in the therapeutic process.

By signing this consent, you are agreeing to allow your therapist to use the Mentalyc software.

Name: \_\_\_\_\_

Date and Place: \_\_\_\_\_

Signature: \_\_\_\_\_