

## **Informed Consent Addendum for Tele Psychotherapy**

This is to be used in conjunction with the Informed Consent document that is required of all clients prior to starting therapy services,

### **What is Tele Psychotherapy?**

Telehealth psychotherapy is the practice of therapy, consultation, and supervision, through the use of audio, video, and telephone communication. It might be used as the only or predominant way of conducting therapy sessions, or as an occasional form along with in person counseling.

### **Risks of Tele Psychotherapy**

1. Technological failure, such as unclear video, loss of sound, poor connection, or loss of connection.
2. Nonverbal cues are less readily available to both client and therapist.

### **Benefits of Tele Psychotherapy**

1. Less limitations by geographical location.
2. Reduction of travel to a physical office, and decreased travel time, and carbon footprint.
3. Participation in therapy from your own home or the environment of your choosing.
4. Ability to have therapy if there are mobility or health limitations that make going to a physical office challenging.

Tele psychotherapy services by Shane Elsdon M.S., LMHC, NCC at Art of Loving Center llc. May occur only with current residents of Washington state. The current laws that protect privacy and confidentiality also apply to tele psychotherapy. Any exceptions to confidentiality are described in the Informed Consent document.

All existing laws regarding client access to mental health information and copies of mental health records apply.

**No video or voice recordings are kept from tele psychotherapy sessions. Clients may not record or store videoconference or in person sessions.**

### **Expectations of client during each session:**

1. Operational web camera that allows for clear resolution.
2. Bandwidth connection of 384 kb or higher.
3. Proper lighting and seating to ensure a clear image of each party's face.
4. Appropriate secure environment.
5. Only agreed upon participants will be present. The presence of any individuals unapproved by both parties and not part of the treatment plan will be cause for termination of the session.
6. Valid id must be presented by the client during the initial consultation, and a copy provided for the medical file.
7. The client must disclose the physical address of their location at the start of the session.
8. The client will provide a phone number where they can be reached in the event of service disruption.

