

INFORMED CONSENT CHECKLIST FOR TELE-THERAPY SERVICES with Nadine Durbach, LCSW

Prior to starting tele therapy, Nadine and I discussed and agreed to the following:

- There are potential benefits and risks of tele therapy (e.g. limits to assessing nonverbal cues / limits to patient confidentiality) that differ from in-person sessions.
- Confidentiality still applies for tele therapy services, and nobody will record the session.
- We agree to use the video-conferencing platform selected for our virtual sessions, and Nadine will explain how to use it.
- We will use a webcam or smartphone during the session.
- It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public/free Wi-Fi.
- It is important to be on time. If the need to cancel or change the tele therapy session, Nadine will be notified 24 hours in advance by phone or email. Session fees apply if not.
- In the event of technical problems, a back-up plan (e.g., phone number where you can be reached) will be established in order to restart or reschedule the session.
- In the event of a crisis, Nadine will be provided with at least one of client's emergency contacts and the closest ER.
- You are responsible for full payment. Please confirm with your insurance company that tele therapy will be reimbursed and if so, this can be reflected on a superbill.
- As your therapist, I may determine that tele therapy is no longer appropriate and that we should resume our sessions in-person.

Therapist Name/ Signature:

Date:

Client Name/ Signature:

Date: