

# Harvest Moon Counseling, LLC

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## HARVEST MOON

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### **Technology Services Consent Form**

In addition to my informed consent this form serves as additional informed consent specifically for Technology Assisted Services (TAS), also known as Teletherapy or Telehealth.

#### **I. Technology Services Provided**

- **Video Sessions-** Video sessions are a great option for distance counseling. This method allows both the client and therapist to visit with each other face-to-face and communicate both verbally and nonverbally (through movement and facial expressions). I utilize Theranest and Zoom for video sessions as it is HIPAA-compliant. FaceTime is not HIPAA-compliant, therefore, this will not be an option for video conferencing.
- **Phone Call-** Clients may choose to call me outside of the hours of our scheduled sessions, however, please be aware that I am not always available to answer and will reach out whenever possible. Therefore, in emergencies clients should call 911, contact local authorities, or seek out the nearest hospital.
- **Text messaging/Email-** While I am set up to receive both text messages and emails, please keep these messages strictly to appointment scheduling. I do not conduct real time or asynchronous counseling through email or text message and as such my responses will be brief.

#### **II. Appropriateness for the Use of Technology**

Throughout the course of our work together, I will continue to assess whether technology services are providing the best care for you. If at any time I deem technology services no

longer fitting, I will either ask that we hold sessions in person (if applicable) or provide you with references within your area of residence.

**III. Plan for Connection Errors**

While technology can be a great option for a myriad of reasons, we also must acknowledge that even the best technology may fail us. If during a scheduled video session, you are unable to login or connect we will switch to a phone call session instead. If a particular videoconferencing service seems to cause problems continuously a different HIPAA compliant platform will be utilized in future sessions. In the case of poor connection during phone sessions the therapist and client will hang up and the therapist will begin a new phone call. If we are not able to establish connection with either a video or phone session, we will cancel the session and re-schedule. If connectivity continues to be a problem the therapist will re-evaluate the appropriateness of technology services and either suggest in person meetings (if possible) or refer the client to services within their area of residence. This is a part of the ongoing evaluation of appropriateness of using technology services for therapy.

**IV. Emergency Procedures**

In the case of emergencies, please call 911, contact local authorities, or seek out the nearest hospital. I am not always available and may not be able to answer calls in times of crisis.

**V. Risks and Benefits to Technology Assisted Services**

Some of the benefits to receiving technology assisted services are saving both time and finances on travel expenses as well as being able to connect with a therapist from the comfort of your own home. This may also be a great option for clients who live far away from in person services. However, there are also some risks that come with technology services. For instance, as the therapy session occurs in the client’s environment as well there may be a greater risk of interruptions. There may also be connection issues which can be disruptive in sessions. Use of technology services also requires a familiarity with technology that some might not have. Therefore, it is important to have a conversation with your therapist to determine the appropriateness of technology services when considering these alternatives.

By signing this form, you are acknowledging that you have read the information above and agree to receiving technology services

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(Signature) (Date)

\_\_\_\_\_ (Printed Name)