

CONSENT for TELEHEALTH

You are receiving this Supplemental Consent for Telehealth from your psychotherapist Marianna Jakucska, LMFT 84050 because you have indicated that either temporarily or as a standard therapy platform, you wish to use Telehealth, a.k.a. Telemedicine services. This document defines and describes Telehealth, and its advantages and risks.

Telehealth is a form of therapy in which you interact with me, your therapist, via the Internet using a platform that is similar to Skype but is calibrated for medical and confidential usage. The California Board of Behavioral Sciences and most health insurance plans approved Telehealth as a medium for providing psychotherapy that is just as effective as in-person therapy. You can benefit from Telehealth from me only while you are within the borders of California.

ADVANTAGES/BENEFITS

- You can benefit from my high quality services on-line the same way you would if you were actually in my office, yet you don't have to leave the comfort of your home or office, to travel, or to find parking. You can do your therapy at your lunch break at work;
- It is the safest way to interact with your therapist if you are sick and feeling uncomfortable leaving your home or potentially contaminating another person;
- If you travel frequently within California, then this means will provide consistency in your therapy schedule;
- You can easily switch back and forth between telehealth and in-person therapy as you find fit once you have signed this agreement;
- Magellan Healthcare reimburses it the same way it would traditional in-person therapies;
- It is free of charge to you;
- If you have ever used Skype then you are already familiar with the experience;
- If you feel comfortable talking over the phone with friends or relatives, then this will be an upgrade in your experiences since you can also see whom you are confiding in.

RISKS

- It may feel a bit awkward, especially at first; you will be looking at a flat screen instead of a three-dimensional human being, a bit like talking to your TV;
- It will lack the additional stimuli of change in scenery or ambiance of my office;
- You may get easily distracted by your environment;
- Your conversation may get overheard in the office or at home;
- I may get a glimpse at your home or work environment during our video conference;
- You will have to state your actual physical location for me every time; in case I have to make an emergency call on your behalf I should know exactly where to send help;
- If you are using Telehealth because you are afraid to leave your home then therapy will not provide the "side-benefit" of courage to venture out of your home to seek help;
- Due to the use of technology, you may give up some control over confidentiality just like you'd do over the phone. Even though the company doxy.me guarantees HIPAA compliance, I cannot guarantee 100% that this will be true.

YOU WILL NEED ALL OF THESE:

1. Secure high speed Internet connection;
2. A reliable computer with camera and microphone;
3. Access to your email account;
4. Ear buds with microphone is optional but useful for increasing confidentiality;
5. Safe and confidential environment where you can speak freely for the time of our sessions;
6. Having a phone may come handy in case we get disconnected;
7. For Telehealth, we are going to use **doxy.me**, an internet-based platform;
8. I will email you an invitation; you click on the link in it when it is time to start our session and you will be “transported” into my virtual waiting room; you can reuse the same email or wait for me to email you a new link each week;
9. You do not need to download this application and our conversation history is not recorded, as it is in Skype;
10. You can download the user’s guide from doxy.me from my website;
11. My Business Agreement from doxy.me is available to you at your request.

TROUBLESHOOTING

In case we get disconnected during a session outside of our own fault, you can try to reestablish contact with me by clicking on the your email link again.

If that does not work, I will call you on the phone or text you and we’ll agree on an alternative time to finish our conversation. I will be able to make up only for the missing minutes, not the entire session, unless the session gets interrupted within the first 15 minutes.

With your signature here you acknowledge that you understand what telehealth is and its risks and benefits as it is stated on this Consent for Telehealth v02-17-2019; and that you agree to its use in your psychotherapy. You understand that you can find this, and any other documents used during this therapy, online at majapsychotherapy.com under “Documents”. You also understand that you have the right to ask questions and discuss these points at any time with Marianna.

Print + Signature _____ Date _____

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If someone signs this document on behalf of a client, please indicate your status and the name of the person for whom you are signing.