

# **INFORMED CONSENT FOR TELEPSYCHOLOGY**

## **Benefits and Risks of Telepsychology-**

Telepsychology refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. Although there are benefits of telepsychology, there are some differences between in-person psychology and telepsychology, as well as some risks:

**Risks of confidentiality-**Because telepsychology sessions take place outside the therapist's private office, there is potential for other people to overhear sessions if you are not in a private place during the session. On my end, I will take reasonable steps to ensure your privacy. However, it is important for you to make sure you find a private place for our session where you will not be interrupted. It is also important for you to protect the privacy of our session on your cell phone or other device. You should participate in therapy only while in a room or area where other people are not present and cannot overhear the conversation.

**Issues related to Technology-**There are many ways that technology issues might impact telepsychology. For example, technology may stop working during a session. Other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies. If the session is interrupted, disconnect from the session and I will wait two minutes and then re-contact you via the telepsychology platform on which we agreed to conduct therapy. If you do not receive a call back within two minutes, then call me at 858-566-3333. If there is a technological failure and we are unable to resume the connection, you will only be charged the prorated amount of actual session time.

**Records-**The telepsychology sessions shall not be recorded in any way unless agreed to in writing by mutual consent. I will maintain a record of our session in the same way I maintain records of in person sessions in accordance with my policies.

**Confidentiality-**I have a legal and ethical responsibility to make my best efforts to protect all communications that are a part of our telepsychology. However, the nature of electronic communications is such that I can't guarantee that our communications will be kept confidential. I will try to use updated encryption methods, firewalls, and backup systems to help keep your information private, but there is a risk that our electronic communications may be compromised. You should take reasonable steps to ensure the security of our communications (for example, only using secure networks and have passwords to protect the device you use for telepsychology)

Emergencies and Technology-Assessing and evaluating threats and other emergencies can be more difficult when conducting telepsychology than in traditional in-person therapy. Please identify two emergency persons who are near your location and who I can contact in the unlikely event of a crisis or emergency to assist in addressing the situation.

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ContactName	Phone #
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Contact Name	Phone #
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Fees-The same fee rates will apply for telepsychology as apply for in-person psychotherapy. You can electronically pay me with Zelle, or mail a check to me at my office: 9815 Carroll CanyonRoad, Suite #101, San Diego, CA. 92131. If you have a PPO or an HFA, I will gladly supply a statement or receipt, but please check to make sure your insurance company will reimburse for telepsychology sessions.

Informed Consent-This agreement is intended as a supplement to the general informed consent we have already agreed upon at the onset of our clinical work together and does not amend any of the terms of that agreement. You can either scan it and mail it with your signature and date, or sign and mail it to the address above.

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ContactName	Phone #
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