

TELEHEALTH CONSENT FORM

Services may be offered and conducted via a HIPAA-compliant telehealth platform (Doxy, as I have a Business Associate Agreement with this provider). Prior to our first online therapy appointment, you will receive an invitation with a link to my platform's waiting room.

POTENTIAL RISKS

Confidentiality still applies for telehealth services, and nobody will record the session without the permission from the others person(s). However, there are potential benefits and risks of telehealth that differ from in-person sessions, such as less access to facial expression and body language, possibly less emotional connection, and less knowledge of local referrals.

Additionally, despite reasonable efforts on the part of the provider, there is a risk that private information could be disrupted or distorted by technical failures; the transmission of private information could be interrupted by unauthorized persons; and/or the electronic storage of private information could be accessed by unauthorized persons.

PRIVACY

To best manage these risks, It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session. Please silence your alerts. Please close doors and ask other people with whom you live to give you complete privacy. It is important to use a secure internet connection rather than public/free Wi-Fi.

FUNCTIONALITY

You need to use a webcam or smartphone during the session. We will articulate a back-up plan of a phone number where you can be reached to restart the session or to reschedule it, in the event of technical problems.

Quit out of all other programs before the session (such as Skype, cloud backups software, Dropbox, Google Drive, and other file synchronization/sharing services).

Close web browser tabs or windows that you don't need (many websites and web applications do a lot of Internet back-and-forth while you have them open).

Either connect your computer to the WiFi router with a cable, or move very close to the WiFi router. Make sure your antivirus program and system software updates aren't scheduled to run during the session.

For best visibility, it's optimal to not sit directly in front of a window/bright light, and to place your phone/laptop on something stable. Headphones/headset can enhance our ability to hear each other and also protect privacy.

If you have any concerns or prefer not to do video sessions, please let me know. I may determine that due to certain circumstances, telehealth is no longer appropriate and that we should resume our sessions in-person.