Telehealth Informed Consent

I understand that with video counseling, I will not be in the same room with my therapist. While there are many benefits to video counseling, I understand potential risks include technical difficulties, interruptions, and unauthorized access. Telehealth services are not appropriate for individuals who are actively thinking about hurting themselves or others. If I or a family member are experiencing such thoughts, I will alert my therapist so emergency protocols can be taken.

I will be required to disclose my location at the beginning of each session. An emergency contact’s name, phone number, and address are required to be on file and updated as needed. In the case my therapist believes I am a danger to myself or others or she believes someone else, in relation to me, may be in danger, she will contact local authorities (police, medical, etc.) to implement safety measures.

Laws that protect the privacy and confidentiality of client information also apply to video counseling. Video counseling is done over a secure communication system (TherapyNotes) that is almost impossible for anyone else to access, but since that is still a possibility, I understand the very rare risk to my confidentiality breaches. If the TherayNotes telehealth system fails, for some reason, it is up to me if I’d like to participate in the less secure means of video sessions via Zoom, assuming confidentiality cannot be guaranteed.

I will have a phone line available during my telehealth sessions. If during our electronic communication that service is unexpectedly dropped, my therapist will reach out to me in an effort of reconnecting the video. After ten minutes, if she can’t reach me, we will cease the service and she will reach out to me to schedule another time.

Individual Signature/Date