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INFORMED CONSENT FOR TELETHERAPY

This Informed Consent for Teletherapy contains important information focusing on doing psychotherapy using the phone or the Internet. Please read this carefully, and let me know if you have any questions. When you sign this document, it will represent an agreement between us.

Benefits and Risks of Teletherapy

Teletherapy refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. Teletherapy will be used on a temporary basis in order to provide continuity of care during social distancing and self-isolation during the COVID-19 pandemic.

Although there are benefits of teletherapy, there are some differences between in-person psychotherapy and teletherapy, as well as some risks. For example:

- Risks to confidentiality. Because teletherapy sessions take place outside of 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. CPI will take necessary and reasonable steps to ensure your privacy, but it is important for you to make sure you find a private place for the 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. While the technology service CPI utilizes is HIPAA compliant, there are many ways that technology issues might impact teletherapy. For example, technology may stop working during a session.
- Crisis management and intervention. Assessing and evaluating threats and other emergencies can be more difficult when conducting teletherapy than in traditional in-person therapy. Before engaging in teletherapy, we will develop an emergency response plan to address potential crisis situations that may arise during the course of our teletherapy work.
- Efficacy. Most research shows that teletherapy is about as effective as in-person psychotherapy. However, some therapists believe that something is lost by not being in the same room. For example, there is debate about a therapist's ability to fully understand non-verbal information when working remotely.

Electronic Communications

If electronic communication is required during this time *outside* of the teletherapy session, your CPI therapist will discuss with you options for encrypted emailing. Please note that these emails do not serve as appropriate modes of communication for emergencies, and you should follow the outlined safety plan in case of an emergency.

Confidentiality

The extent of confidentiality and the exceptions to confidentiality outlined in the Informed Consent still apply in teletherapy. Please let me know if you have any questions about exceptions to confidentiality.

Records

The teletherapy sessions shall not be recorded in any way unless agreed to in writing by mutual consent. CPI will maintain a record of sessions in the same way that in-person records are kept.

Informed Consent

This agreement is intended as a supplement to the general informed consent that we agreed to at the outset of our clinical work together and does not amend any of the terms of that agreement.