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INFORMED CONSENT FOR TELEHEALTH PSYCHOTHERAPY

To understand psychotherapy through internet-based video platforms, please read this document and let me know if you have any questions.

Telehealth psychotherapy refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing. One of the benefits of telehealth psychotherapy is that the client and clinician can engage in services without being in the same physical location. This benefit can be helpful to ensure access to care, convenience if the client or clinician otherwise unable to meet in person, and the opportunity to meet from a location of your choosing. Along with the benefits of telehealth psychotherapy, there are some differences between in-person psychotherapy and telehealth services. The following elements are important considerations to understand and acknowledge in service of having successful telehealth psychotherapy services.

- There are potential risks to confidentiality. Telehealth 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. It is important for you to find an appropriate place for your session where you will not be interrupted or overheard.
- Telehealth psychotherapy requires technical competence of both parties to be helpful. Issues related to technology can affect telehealth psychotherapy. 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. We will use a secure and encrypted platform that limits risk, but an internet breach is always a possibility. It is important for you to use a secure internet connection, rather than a public/free Wi-Fi.
- I will make every effort to protect all communications that are a part of our telehealth psychotherapy. I will utilize only the secure, encrypted platform for all telehealth sessions.
- The extent and exceptions to confidentiality that are outlined in the Informed Consent/Disclosure Statement still apply in telehealth psychotherapy. Please feel free to bring up any questions about exceptions to confidentiality.
- Most research shows that telehealth psychotherapy is as effective as in-person psychotherapy. However, others believe that something is lost by not being in the same room as the therapist. It is important to discuss your comfort level and experience as the therapy progresses. Please bring forward any concerns that might surface during out sessions.
- I use a HIPAA-compliant, encrypted platform for our telehealth sessions. You will need to have an electronic device that has a built-in camera and microphone to use telehealth services. You are solely responsible for any costs to you, including: any necessary equipment, accessories, software, or extra internet costs to take part in telehealth psychotherapy.

- As therapy continues, we will discuss the appropriateness of telehealth. If telehealth psychotherapy is no longer the most appropriate form of treatment for you, we will discuss options of engaging in in-person psychotherapy or I will provide referrals to another provider.
- Assessing and evaluating threats and other emergencies can be more difficult when conducting telehealth psychotherapy than in traditional in-person therapy. To address some of these difficulties, you will be asked to identify an emergency contact person who is near your location and who will be contacted in the event of a crisis or emergency. By signing this consent form, you agree to allow contact with the emergency contact person as needed during such a crisis or emergency. Additionally, you may be asked to provide your current address prior to your telehealth session so that you can be located in the event of an emergency.
- If the session is interrupted during your telehealth session, disconnect and wait a few moments and then re-contact through the telehealth platform via the supplied link. If you cannot reconnect after a few minutes, I will contact you by phone. Once there is phone contact, the best means for continuing the session will be determined.
- Telehealth sessions shall not be audio or video recorded in any way by either party. I will still maintain a confidential treatment record that is held separately from the online platform.
- Telehealth sessions are billed in the same way as in-person sessions. It is your responsibility to confirm that your insurance company will reimburse for telehealth psychotherapy if you plan to seek reimbursement.
- This agreement is intended as a supplement to the general informed consent that you have signed at the outset of our clinical work together and does not amend any of the terms of that agreement.
- This agreement does not suggest any guarantees or assurances about the results of telehealth psychotherapy.

Your signature indicates that you have read and understand the above information regarding telehealth psychotherapy and that you are in agreement with its terms and conditions. Your signature also confirms that you understand the scope of telehealth psychotherapy and that you have had an opportunity to ask questions with regard to this method. By signing below, you voluntarily acknowledge the above and consent to telehealth psychotherapy treatment with Stephen W. Koelemay, Psy. D.

Name: _____

Signature: _____ Date: _____

Client Address: _____

Local Emergency Contact: _____ Emergency Contact Phone: _____