

BEHAVIORAL PSYCHOLOGY ASSOCIATES, P.C.

AUTHORIZATION FOR TELEHEALTH

This Informed Consent for TELEHEALTH contains important information focusing on conducting treatment services 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 TELEHEALTH

TELEHEALTH refers to providing behavioral healthcare treatment services remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of TELEHEALTH is that the client and clinician can engage in services without being in the same physical location. This can be helpful in ensuring continuity of care.

TELEHEALTH, however, requires technical competence on both our parts to be helpful. Although there are benefits of TELEHEALTH, there are some differences between in-person behavioral healthcare treatment and TELEHEALTH as well as some risks. For example: Risks to confidentiality. Because 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. On my end I will take reasonable steps to ensure your privacy. But it is important for you to make sure you find a private place for our session where your privacy and our session 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 or other meetings only while in a room or area where other people are not present and cannot overhear the conversation. (The extent of confidentiality and the exceptions to confidentiality that we have already discussed apply in TELEHEALTH.)

Issues related to technology

There are many ways that technology issues might impact TELEHEALTH. 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. Should the technology not work properly, the session will occur by phone.

Efficacy

Research shows that TELEHEALTH can be an effective alternative to in-person treatment. However, some therapists believe that something is lost by not being in the same room.

