

Teletherapy Counseling Informed Consent
(Addendum to face to face consent form)
All About Attachment, LLC

Services

During the initial intake process we will assess together whether virtual therapy is a good fit. This process will include my assessment of your needs and goals as presented and the suitability of psychotherapy delivered remotely. If for any reason the therapeutic relationship is deemed not to be a good fit, I will do my best to offer a suitable referral. If requested and authorized in writing, I will communicate with the psychotherapist of your choice to best help with the transition. You always have the right to terminate therapy at any time.

Risks and Benefits of Teletherapy Counseling

Benefits:

convenience of service

- Flexible time frames
- Greater continuity of care
- Convenience and comfort of service

Risks:

- Even with HIPAA privacy controls and efforts to comply with the strictest encryption protocol, there is no way to fully guarantee the absolute confidentiality of virtual therapy.
- Client access to secure technology in a private location may be difficult.
- Faulty technology or disrupted service may spontaneously interrupt or end a session.
- Virtual therapy is a different experience as compared to in-person interaction or other therapy processes to which you may be accustomed.
- PLEASE BE AWARE virtual therapy is NOT appropriate if you are experiencing active suicidal or homicidal ideation.

Communication Plans

Time Zone: Scheduling appointments will be made in central standard time.

Video Disruption: In the case that our teletherapy connection is disrupted, we will wait 30 seconds to allow for reconnection. If connection is not re-established, I will call you at your designated telephone number.

Coordination of Care: If needed, I am happy to communicate with whomever it would be useful in coordinating your care, upon receiving consent.

Social Media

Please refrain from making contact with me personally using social media messaging systems such as Facebook, LinkedIn or Twitter. These methods have very poor security. It is also not my practice to look up clients on social media applications or sites. I do not accept friend requests from clients, to preserve the client/counselor relationship.

Mental Health Emergencies

As someone who has opted for teletherapy, it is important that you have a strong plan in place to manage emergencies as I am not physically present and able to assist you. We will collaboratively plan for managing any mental health emergencies that may occur, including designating an emergency contact person and establishing resources together in your own community for quick access.

As stated previously, if a life-threatening crisis should occur, you agree to contact a crisis hotline, call 911, or go to a hospital emergency room.

Privacy and Confidentiality

I will be conducting virtual session via Zoom or another encrypted email/chat service determined to be suitable.

In addition:

- Text messaging via mobile phone is acceptable for appointments and housekeeping issues and can be used sparingly for support throughout the week.
- If you call me, please be aware that unless we are both on land line phones, the conversation is not guaranteed to be confidential.

I make every effort to keep all client information confidential. Please carefully consider whom has access to your computer, device, or cloud information such as family members, co-workers,

supervisors, or friends. Be aware of how much sound may be travelling through doors or thin walls.

_____ (Initial) You also understand that I follow the laws and professional regulations of the State of Missouri (USA) and the psychotherapy treatment will be considered to take place in the state where I hold a license to practice psychotherapy. Typically, I do not conduct teletherapy counseling services with clients who are physically not present within the states I am licensed. Exceptions to this would be if given authorization by another state to practice within their state without a license being issued by that state. I will work remotely with individuals in the capacity of 'coach' in the case that you are located out of licensing state and wish to benefit from my knowledge and background in less a formal capacity.

As stated previously, if a life-threatening crisis should occur, you agree to contact a crisis hotline, call 911, or go to a hospital emergency room.

Emergency Contact Name:

Phone #:

Client(s) Signature

Date
