



### Consent for Teletherapy Session

Client: \_\_\_\_\_ DOB: \_\_\_\_\_  
Duration of Consent: [ ] Any time through my care period Service Code: \_\_\_\_\_  
[ ] Only \_\_\_\_\_ Duration: 45 – 50 minutes

#### Definition of Teletherapy

Teletherapy is a form of therapy that uses interactive video or audio conferencing between the therapist and client when the therapist and client are in locations distant from each other due to circumstances that prevent a face-to-face session. This might include weather issues, situations that preclude traveling, transportation issues, or medical situations. It might occur through video or smart phone conferencing, audio phone calls, or other technology. It is not to serve as a replacement for face-to-face sessions, but may be used when an absence from therapy is necessary.

During the session, personal and psychotherapeutic issues are discussed with the same purpose and intention as sessions conducted in person. Though the content and intention may be the same, teletherapy may be experienced differently than a face-to-face session. Despite this, occasional tele-therapy may be an alternative to having no session at all.

#### Conditions

- You must be a current client of the agency.
- You must be a resident of Pennsylvania and receiving your session in the state of Pennsylvania.
- This session will be scheduled during normal business hours as a traditional therapy session would be.
- The therapist must use a HIPAA compliant mode of communication during the session.
- The therapist must ensure your confidentiality by conducting the session in a location that is protected.
- Your insurance or referral agency will be billed the full fee for the session, which will last the regular allotted time for your session.
- You will be responsible for any co-pays acquired or no-show fees if an appointment is scheduled.
- You are responsible for the privacy and confidentiality of the session where you receive it.
- Unexpected interruptions that compromise or terminate a session early will still be billed as a full session, as the time for a full session was allotted by the therapist.
- No screenshots or other images will be gathered through the technology and used without specific psychotherapeutic intent and consent.
- The session will not be recorded or otherwise captured and maintained without the specific consent of both parties.
- Tele-therapy is not to occur for the provision of emergency services. Those services will be provided through a crisis hotline, a local emergency room, or after 911 has been contacted.

**Rights/Responsibilities**

Your legal and ethical rights regarding the session and the record-keeping of the session are exactly the same as your rights during your face-to-face treatment. Laws involving HIPAA, confidentiality, and privilege apply to this session. You do not forfeit any rights by having a telehealth session, except assuming the risks against your privacy and confidentiality in the environment in which you receive your session. Your file contains relevant forms regarding rights, releases of information, payment, or other consents regarding your treatment that would apply to a teletherapy session.

**Possible Risks**

Despite the best efforts of your therapist to ensure HIPAA compliant encrypted communication, teletherapy poses some risks to the use of technology, including, but not limited to:

- A disruption in the session due to technical or electrical failure;
- Interception of the transmission by unauthorized persons;
- Access to your electronic information by unauthorized persons;
- Interruption of the session or violation of confidentiality due to an unprotected environment of the client;
- Limited experience of the relationship due to the absence of face-to-face service; and
- Unexpected interruptions due to a less controlled client environment.

*I have read, understand, and agree to the conditions and information provided above regarding teletherapy:*

**Client:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Clinician:** \_\_\_\_\_ **Date:** \_\_\_\_\_