



7460 Warren Parkway Ste #100 Frisco, TX 75034 • 469-223-7770 • www.turnercounselingservices.com

Informed Consent for Teletherapy

This Informed Consent for Teletherapy contains important information focusing on doing psychotherapy using the phone or the Internet. Please read the following policy carefully, ask any questions you may have, and sign in the space provided.

Benefits and Risks of Teletherapy: Teletherapy refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of teletherapy 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 if the client or clinician moves to a different location, takes an extended vacation, or is otherwise unable to continue to meet in person. It is also more convenient and takes less time. Teletherapy, however, requires technical competence on both our parts to be helpful. Although there are benefits of teletherapy, there are some differences between in-person psychotherapy and teletherapy, as well as some risks. For example:

Risks: 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. TCS 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 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: There are many ways that technology issues might impact teletherapy. 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.

Confidentiality: TCS has a legal and ethical responsibility to make best efforts to protect all communications that are a part of our teletherapy. However, the nature of electronic communications technologies is such that TCS cannot guarantee that our communications will be kept confidential or that other people may not gain access to our communications. TCS will try to use updated encryption methods, firewalls, and back-up systems to help keep your information private, but there is a risk that our electronic communications may be compromised, unsecured, or accessed by others. You should also take reasonable steps to ensure the security of our communications (for example, only using secure networks for teletherapy sessions and having passwords to protect the device you use for teletherapy). The extent of confidentiality and the exceptions to confidentiality that is outlined in the HIPPA Notice of Privacy Practices still apply in teletherapy.



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Recording: The teletherapy sessions shall not be recorded in any way (e.g., Audio or video recording) unless agreed to in writing by mutual consent. TCS will maintain a record of your session in the same way records of in-person sessions are maintained in accordance with TCS policies.

Consent to Treatment: This agreement is intended as a supplement to the general informed consent that you have agreed to at the outset of treatment and does not amend any of the terms of that agreement.

☐ I have read this consent and agree to its terms.

Client Name (Please print)

Client Signature (Parent/Guardian if Under 18)

Date