

Powers Ferry Psychological Associates, LLC

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Informed consent for Telementalhealth Services

Prior to beginning video-conferencing services, we agree to the following:

- 1) There are potential benefits and risks of video-conferencing (e.g. limits to patient confidentiality) that differ from in-person services.
- 2) Confidentiality still applies for telementalhealth services, and nobody will record the session without the permission from the other person(s) on the session.
- 3) We agree to use the video-conferencing platform selected for our virtual sessions, and the therapist will explain how to use it.
- 4) You need to use a webcam or smartphone during the session.
- 5) It is important to be in a quiet, private space that is free of distractions during the session.
- 6) It is important to use a secure internet connection rather than public or free Wi-Fi.
- 7) It will be important to be on time. If you need to cancel or change your tele-appointment, you must notify the therapist in advance by phone or email.
- 8) We need a back-up plan (e.g. phone number where you can be reached to restart the session or to reschedule it, in the event of technical problems.
- 9) We need a safety plan that includes at least one emergency contact, and the closest mental health emergency center to your location, in the event of a crisis situation.
- 10) If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in telepsychology sessions.
- 11) You should confirm with your insurance company that the video sessions will be reimbursed; if they are not reimbursed, you are responsible for full payment.
- 12) As your therapist, I may determine that due to certain circumstances, telementalhealth is no longer appropriate and that we should resume our sessions in person.

Therapist

Date

Client or Client's Legal Representative

Date