

THERAPY STUDIOS

create a life you love

INFORMED CONSENT FOR TELEHEALTH SERVICES

Prior to starting telehealth services, including video conferencing, telephone conferencing or written electronic communication, we discussed and agreed to the following:

POTENTIAL BENEFITS INCLUDE:

- Increased access + convenience to therapeutic services. Therapy is less likely to be affected by traffic concerns, illness or virus contagion, lack/cost of transportation.
- Improved ability to schedule, for both client and provider. All telehealth will be scheduled using EST, the time zone used in the state of South Carolina.

POTENTIAL RISKS INCLUDE

- Limits to confidentiality. While the therapist can assure confidentiality on their side of the distance therapy, they do not have the ability to safeguard your confidentiality in the space you are receiving treatment. It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- Limits to security. Your provider has taken all available measures to ensure the security of the telehealth platform to be utilized. Simple Practice, an electronic medical record software, offers a telehealth platform designed to be HIPAA compliant. They have a business associate agreement (BAA) which includes their methods for ensuring the protection of the data and provisions for regular auditing of the data's security. You will be emailed a link to start your video session.
- The experimental nature of telehealth services. While preliminary studies suggest that telehealth is just as effective or almost as effective as face-to-face therapy, there is still far more data supporting the effectiveness of face to face therapy compared to telehealth. It is safe to say that telehealth is more effective than no therapy at all but we cannot make scientific claims about the effectiveness equalling that of traditional face to face therapy.
- Technology failures. Telehealth requires the successful functioning of internet or data connection for the provider and for the client. Telehealth also requires that the telehealth platform is operating effectively. These functionalities are outside of the control of your provider. Before beginning telehealth services, it is crucial that you have a plan in place with your provider for how to reach you in a crisis situation, that you have an emergency contact and number to reach them, the location of your nearest/preferred emergency room and a plan for what happens if you are disconnected mid-session.
- Insurance reimbursement. Increasingly, insurers are providing coverage for telemedicine. However, telemedicine is not covered by all providers or within all policies. If insurance reimbursement is critical for your ability to receive care, please ensure telehealth is covered by your specific policy.

Your provider may determine that due to certain circumstances, telehealth is no longer appropriate and that we should resume our sessions in-person.

Client Name _____

Client Signature _____ Date _____