

Dennis G. Dyck, PhD
Licensed Psychologist
9116 E. Sprague Ave #540
Spokane Valley, WA 99206
(509) 599-5169

INFORMED CONSENT FOR TELEPSYCHOLOGY

This Informed Consent for Telepsychology contains important information focusing on doing psychotherapy using the phone or the Internet. Please read this carefully, and let me know if you have any questions. When you sign this document, it will represent an agreed supplement to our initial **Agreement** for therapy.

Benefits and Risks of Telepsychology

Telepsychology refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. Telepsychology, however, requires technical competence on both our parts to be helpful. Although there are benefits of telepsychology, there are some differences between in-person psychotherapy and telepsychology, as well as some risks.

Electronic Communications

We will decide together which kind of telepsychology service to use. You may have to have certain computer or cell phone systems to use telepsychology services. You are solely responsible for any cost to you to obtain any necessary equipment, accessories, or software to take part in telepsychology.

There are many ways that technology issues might impact telepsychology. For example, technology may stop working during a session. If this occurs, disconnect from the session and then reconnect, or I will wait two minutes and then re-contact you through the telepsychology platform on which we agreed to conduct therapy. If you do not receive a call back within two minutes, call me at the number I give you for our contact.

Efficacy and Appropriateness of Telepsychology

Most research shows that telepsychology is about as effective as in-person psychotherapy. However, there is debate about a therapist's ability to fully understand non-verbal information when working remotely. It is not usually indicated for clients who are currently in a crisis situation or who require high levels of support or intervention. We will discuss whether telepsychology continues to be appropriate for you. I will let you know if I decide that telepsychology is no longer the most appropriate form of treatment for you.

Confidentiality

I have a legal and ethical responsibility to make my best efforts to protect communications that are a part of our telepsychology. However, the nature of electronic communications technologies is such that our communications could be compromised, unsecured or accessed by others. I will try to use methods to help keep your information private. I also recommend you take reasonable steps to ensure the security of our communication, for example, by using only secure networks and having password protection on the device you use.

Further, because telepsychology sessions take place outside of my office, there is potential for other people to overhear sessions if you are not in a private place during the session. On my end I 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.

The extent of confidentiality and the exceptions to confidentiality that I outlined in the initial **Agreement** document still apply in telepsychology. Please let me know if you have any questions about exceptions to confidentiality.

Emergencies and Technology

Assessing and evaluating threats and other emergencies can be more difficult when conducting telepsychology than in traditional in-person therapy. To address some of these difficulties, we will create an emergency plan before engaging in telepsychology services.

If our session is interrupted for any reason, such as the technological connection fails and you are having an emergency, do not call me back; instead, call 911 or go to your nearest emergency room. Call me back after you have called or obtained emergency services.

Location

There are legal restrictions on the state you can be in during our telepsychology sessions. I am licensed in Washington. Some states also allow you to receive services from me while you are in their state; others do not. Please let me know if you would like to receive services in a state other than Washington. Otherwise I will assume you are physically located in Washington at the time of our telecommunication.

Fees

The same fee rates will apply for telepsychology as apply for in-person psychotherapy. However, insurance may not cover sessions that are conducted via telecommunication. You should contact your insurance company prior to our engaging in telepsychology sessions in order to determine whether these sessions will be covered. If services are not covered by insurance, I will discuss with you whether you are willing or able to pay out of pocket. If necessary, I will negotiate rates for the duration of the emergency.

If there is a technological failure and we are unable to resume the connection, you will only be charged the prorated amount of our actual session time.

Records

The telepsychology sessions shall not be recorded in any way unless agreed to in writing by mutual consent. I will maintain a record of our session in the same way I maintain records of in-person sessions in accordance with my policies.

Informed Consent

This agreement is intended as a supplement to the consent for treatment **Agreement** and does not amend any of the terms of that **Agreement**. Your signature below indicates agreement with this document's terms and conditions.

Signed _____

Client

Date

Email address

Dennis G. Dyck, PhD
Licensed Psychologist

Date