

Hendrickson Counseling & Consulting, Inc.
Susan M. Hendrickson, PhD, LP
8085 Wayzata Boulevard, Suite 216
Golden Valley, MN 55426

INFORMED CONSENT FOR TELEPSYCHOLOGY

This Informed Consent for Telepsychology contains important information focusing on doing psychotherapy via secure video conferencing. Please read this carefully, and let me know if you have any questions. When you sign this document, it will represent an agreement between us. Please also refer to Agreement for Services for additional information related to the engaging in psychotherapy with me.

Benefits and Risks of Telepsychology

Telepsychology refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing. One of the benefits of telepsychology 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 when circumstances interfere with the ability to meet in person. 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. For example:

- Risks to confidentiality. Because telepsychology 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. 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. 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 telepsychology. 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.
- Crisis management and intervention. Usually, I will not engage in telepsychology with clients who are currently in a crisis situation requiring high levels of support and intervention. Before engaging in telepsychology, we will develop an emergency response plan to address potential crisis situations that may arise during the course of our telepsychology work.
- Efficacy. Most research shows that telepsychology is about as effective as in-person psychotherapy. However, some therapists believe that something is lost by not being in the same room. For example, there is debate about a therapist's ability to fully understand non-verbal information when working remotely.

Please be aware that, in most cases, current laws prevent me from providing telepsychology services to clients who are outside of the state of Minnesota.

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Electronic Communications

I use video conferencing from Doxy.me. This company has signed a Business Associate Agreement with me; this means that the company agrees to follow the security and privacy rules under HIPAA. In order to use this service, you must have access to a device (computer, laptop, tablet, or Smartphone) that is connected to the Internet. The service is accessed through a web browser. You do not have to install additional applications or software on your device. You are solely responsible for any cost to you to obtain any necessary equipment, accessories, or software to take part in telepsychology.

Confidentiality

I have a legal and ethical responsibility to make my best efforts to protect all communications that are a part of our telepsychology. However, the nature of electronic communications technologies is such that I cannot guarantee that our communications will be kept confidential or that other people may not gain access to our communications. I will 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 telepsychology sessions and having passwords to protect the device you use for telepsychology).

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

Appropriateness of Telepsychology

In general, telepsychology is appropriate for short-term use, such as in case of illness, dangerous travel conditions, etc. I will let you know if telepsychology is not the most appropriate form of treatment for you. We will discuss options of engaging in in-person counseling or referrals to another professional in your location who can provide appropriate services.

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, I will ask you to identify an emergency contact person who I will contact in the event of a crisis or emergency.

If the session is interrupted for any reason, **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.

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If the session is interrupted and **you are not having an emergency**, disconnect from the session, wait a few moments and make one attempt to reconnect via the Doxy.me site. If we do not reconnect, I will call you to re-establish contact and we will make plans for completing the session.

Fees

The same fee rates will apply for telepsychology as apply for in-person psychotherapy. However, insurance or other managed care providers may not cover sessions that are conducted via telecommunication. If your insurance, HMO, third-party payor, or other managed care provider does not cover electronic psychotherapy sessions, you will be solely responsible for the entire fee of the session. Please contact your insurance company prior to our engaging in telepsychology sessions in order to determine whether these sessions will be covered.

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.

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Informed Consent for Telepsychology Services

This agreement is intended as a supplement to the general informed consent that we agreed to at the outset of our clinical work together and does not amend any of the terms of that agreement. Your signature below indicates agreement with its terms and conditions.

Client Signature

Date

Printed Name

Phone number

Susan M Hendrickson, PhD, LP
Hendrickson Counseling & Consulting, Inc.
8085 Wayzata Blvd, Suite 216
Golden Valley, MN 55426

Emergency Contact Information:

Name/Phone Number

I give permission for Susan Hendrickson to contact my designated emergency contact if necessary as outlined in the full Agreement for Services.

Client Signature

Date