

Phone or Video Chat Sessions

Here are some key issues regarding phone or video chat psychotherapy sessions. I do not do psychotherapy over text or email. When you sign this document, it will represent an agreement between us. If you have any questions, please let me know.

1. Confidentiality issues
 - a. If you have Siri, Google Now, Alexa or any other digital assistant app on your phone, be sure they are off before your session and unplug any smart speakers in the room before your session. If they are on, they are always listening, violating your confidentiality.
 - b. No method of technological communication can completely guaranteed to be confidential. With any technology, there is always a small risk of hacking and therefore loss of confidentiality. However, be assured that I have taken all efforts to keep my technology secure.
 - c. I will not record your session and I ask that you agree not to either.
 - d. You agree to maintain confidentiality on your end of the session by using secure wifi (not public) and having updated virus protection on any computer used
 - e. At the time of your phone or video session, please be in a quiet place where you will not be distracted or interrupted, and your session will not be overheard.
 - f. If you live with others, find a quiet room and close the door. Consider using another device to play white/fan noise just inside the door for increased privacy. Sessions will not be able to be conducted if there are others in the room with you, for privacy and security reasons.
2. Potential benefits to phone or video chat sessions
 - a. We may be able to meet at times when meeting in person may not be practical
 - b. I may be able to be more accessible to you in case of emergency
3. Potential risks and costs to phone or video chat sessions
 - a. There may be less nonverbal communication than for an in-person session.
 - b. With any technology, there is always the risk of being inadvertently disconnected. If our call or chat session is disrupted at any time, I will call you back. If the calling technology appears to be dysfunctional, we can email each other about another time to call.
 - c. As with any psychotherapy session, you are ultimately responsible for payment. I suggest that you check with your health insurance policy to see whether phone or video chat sessions are covered. Please discuss this with me further as needed.
4. If you are having an urgent concern, please reach out to me by phone. Do not use the video chat platform.
5. Please place your device that you will be using on a stable surface, such as a table, desk, or nightstand. Please do not hold it, set it on your lap or on your bed.
6. I will always need to write down the address of your location at the beginning of the session if you are not at home.
7. If you choose to conduct a session in your car, it will need to be parked and I will need an address of where you are, in case of an emergency.

I understand the above information and I consent to using phone or video chat for psychotherapy. I understand that I can withdraw my consent to phone or video chat sessions at any time.

Signature

Printed Name

Date / /