

TELETHERAPY INFORMED CONSENT FORM

Definition of Services:

I hereby consent to engage in teletherapy with Vanessa Weinbach, PhD. Teletherapy is a form of psychological service provided via secure internet technology, which can include consultation, treatment, transfer of medical data, emails, telephone conversations and/or education using interactive audio, video, or data communications. I also understand that teletherapy involves the communication of my medical/mental health information, both orally and/or visually.

Teletherapy has the same purpose or intention as psychotherapy or psychological treatment sessions that are conducted face-to-face. However, due to the nature of the technology used, I understand that teletherapy may be experienced somewhat differently than face-to-face treatment sessions.

I understand that I have the following rights with respect to teletherapy:

Client's Rights, Risks, and Responsibilities:

1. I, the client, need to be a resident of California or Connecticut OR one of the states covered under PSYPACT (This is a legal requirement for psychologists.) If I will not be residing in either CA, CT, or a PSYPACT participating state during teletherapy treatment, I will need to inform Dr. Weinbach of this so that she can establish the laws/rules pertaining to "therapist visitor" status in my state (each state does this differently.) To review a current list of PSYPACT states, please visit: <https://psypact.org/mpage/psypactmap>
2. I, the client, have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment.

3. The laws that protect the confidentiality of my medical information also apply to teletherapy. As such, I understand that the information disclosed by me during the course of my therapy or consultation is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, which are discussed in detail in the general Consent for Treatment form I received at the start of psychotherapy treatment with Dr. Weinbach.
4. I understand that there are risks and consequences from teletherapy, including, but not limited to, the possibility, despite best efforts to ensure high encryption and secure technology on the part of Dr. Weinbach, that: the transmission of my information could be disrupted or distorted by technical failures; the transmission of my information could be interrupted by unauthorized persons; and/or the electronic storage of my medical information could be accessed by unauthorized persons.
5. There is a risk that services could be disrupted or distorted by unforeseen technical problems.
6. In addition, I understand that teletherapy based services and care may not be as complete as face- to-face services. I also understand that if Dr. Weinbach believes I would be better served by another form of therapeutic services (e.g. face-to-face services) I will be referred to a professional who can provide such services in my area.
7. I understand that I may benefit from teletherapy, but that results cannot be guaranteed or assured. I understand that there are potential risks and benefits associated with any form of psychotherapy, and that despite my efforts and the efforts of my psychologist, my condition may not be improve, and in some cases may even get worse.

8. I accept that teletherapy does not provide emergency services. If I am experiencing an emergency situation, I understand that I can call 911 or proceed to the nearest hospital emergency room for help. If I am having suicidal thoughts or making plans to harm myself, I can call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) for free 24 hour hotline support. Clients who are actively at risk of harm to self or others are not suitable for Telepsychology services. If this is the case or becomes the case in future, Dr. Weinbach will recommend more appropriate services.

9. I understand that there is a risk of being overheard by anyone near me if I am not in a private room while participating in teletherapy. I am responsible for (1) providing the necessary computer, telecommunications equipment and internet access for my teletherapy sessions, (2) the information security on my computer, and (3) arranging a location with sufficient lighting and privacy that is free from distractions or intrusions for my teletherapy session. It is the responsibility of the psychological treatment provider to do the same on their end.

10. Teletherapy Technology & Privacy Guidelines
 1. Please be sure you have an adequate WiFi signal prior to starting a session.
Sometimes Wifi signal shifts during the visit, but please try to establish a solid connection prior to starting.

 2. Please silence notifications/turn on Focus feature for other calls/texts/apps as much as possible so the visit can be distraction-free and flow as it would in person.

 3. Please find a stable surface to rest your phone/iPad/computer on so that the screen remains stationary; wobbling screens are difficult on the eyes.

There are a number of helpful phone/tablet holders for cars or tables that can be helpful for this.

4. Due to safety and legal liability concerns, sessions cannot be conducted while you are driving. If you are in your car for a session, please plan to pause the session if you need to move your car for any reason.

5. Please choose a PRIVATE location AWAY from others for the duration of your session. If someone walks into the room (this happens), please IMMEDIATELY notify Dr. Weinbach so the session and video can be paused. Sessions cannot be conducted with someone else in the room without a PRIOR conversation with Dr. Weinbach on the purpose of said individual joining a session AND a signed written consent to do so. Confidentiality is of paramount concern for therapy and is required of Dr. Weinbach by her law and ethics codes.

6. All sessions will be conducted via a HIPAA-compliant therapy platform, such as Sessions by Psychology Today. Please download the appropriate app and familiarize yourself with it prior to your 1st visit. Dr. Weinbach will share the app/website information once your intake appointment is scheduled.

I have read, understand and agree to the information provided above:

Client's Signature: _____ Date _____

Psychologist's Signature: _____ Date _____

Vanessa Weinbach, PhD
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