

Client Name: _____

Date: _____

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Informed Consent for Telemental Health

Telemental health refers to using remote technology, such as video conference and telephone, to do psychotherapy. This can be beneficial for some clients as it can reduce commute time and increase access to therapy when mental health therapist and client cannot share the same physical space. However, telemental health also has some additional risks and requirements beyond in-person therapy. Some risks include a potential for breach of privacy or confidentiality, potential for increased distractions, and the risk of interrupted sessions due to technological failures. While best efforts will be made to protect all communications, there is a risk that electronic communications may be compromised, unsecure, or accessed by others. It is the client's responsibility when using telemental health to choose a setting that is comfortable, private, and conducive to making therapeutic progress, and to have the capability to use and access the appropriate technology (this includes considering using only secure networks and password-protected devices). Telemental health is not the most appropriate form of treatment for everyone or every situation, and in-person sessions may be required in order to continue treatment or as a regular "check-in." Telemental health is not offered to clients with active safety risks, such as suicidal ideation.

Telemental health is available for clients who privately pay and for those whose insurance covers this service. The same fee rates apply for telemental health as apply for in-person psychotherapy. Clients whose insurance does not cover this service will be solely responsible for the entire fee of the session (note that most insurance companies do not cover telephone sessions). If there is a technological failure and the connection cannot be resumed, the client will be charged the prorated amount of actual session time. Telemental health sessions shall not be recorded in any way unless agreed to in writing by mutual consent, and therapy records will be maintained in the same way as in-person sessions. Please remember that email exchanges should be limited to administrative (for example, scheduling or billing) matters only and are not guaranteed to be secure or confidential; emails should not be used for emergency situations.

Video conferencing options: Facetime, Skype, and Zoom are offered as options for video conferencing. These platforms may not be HIPAA compliant. If chosen as a preferred method for telemental health, the client accepts all risk and Jenna Appling is not liable for any breach of confidentiality that may occur during video conferencing.

Patient's Name (Please print) _____ Date _____

Patient's Signature _____

Parent/Guardian Signature _____