



Port Psychology

**3 Market Street
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(978) 462-3033**

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Teletherapy Informed Consent Addendum

Telebehavioral health is a delivery method of service using interactive technologies (audio, video, or other electronic communications) between a practitioner and a patient who are not in the same physical location. These services are by appointment only. The same fee structure for in-person therapy applies to teletherapy services. It is your responsibility to learn your insurance company's policy for possible reimbursement.

There are benefits and limitations to this service. Benefits include allowing for greater availability, flexibility and convenience in your care. This can include times of illness or unsafe driving conditions. Regardless of the sophistication of today's technology, there is a risk of misunderstanding one another when visual and auditory cues are communicated via technology. You may have emotional reactions generated by the technology, such as frustration from the disruption of service due to technical difficulties. Please let me know if you have any concerns about this, or any aspect of your teletherapy treatment. You may decline any teletherapy services at any time without jeopardizing access to future care. I may also discontinue teletherapy services if I believe it is not the best option for you.

You will need access to, and familiarity with the appropriate technology in order to participate in this service. There are risks in communicating through technology. Your privacy may be compromised, and your personal information may be stolen by third parties. To minimize these risks, I use HIPAA compliant technology which includes security measures for your protection. In emergencies, if there is a disruption of technology services, or for other reasons, it may be necessary to communicate by telephone. My direct cell number is 978-462-3033.

I will not keep recordings of our video interactions. I ask that you agree to do the same, and if you decide to record, you will let me know in advance. It is your responsibility to maintain privacy on your end. You should use a private, secured location. You should use your own equipment with firewall and virus protection software. Especially, you should not use your employer's electronic equipment, because they own any record of such use. You should not use a public wifi network.

*The laws and professional standards that apply to in-person psychotherapy also apply to teletherapy services. For that reason, **you must physically be in the state of Massachusetts** when these services occur. This document is in addition to and does not replace other informed consent agreements.*

My therapist has explained how teletherapy is performed and used as part of my treatment. My therapist has also explained how this service will differ from in-person services. I have had the opportunity to ask questions and have received satisfactory answers about my teletherapy. I have received no guarantee as to the effectiveness of teletherapy, and I understand the risks and benefits of this alternative as well as the alternative of doing without treatment.

Signature

Date