

Teletherapy Informed Consent 2024-2025

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CONSENT FOR TELETHERAPY SESSIONS

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How to access telehealth sessions:

You do not need to download any additional software if you are using a computer for our sessions. If you are using a phone or tablet, you need to download the “Telehealth by SimplePractice” app.

You will receive a link to our telehealth appointments both in your 72 hour appt reminder and 10 min prior to the session.

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General:

1. Teletherapy phone or video conferencing is an optional medium for therapy appointments.
2. Teletherapy is NOT an Emergency Service and in the event of an emergency, you will use a phone to call 911.
3. Video or phone sessions will not be the same as a direct visit due to the fact that we will not be in the same room, sharing the same physical space. Nuances of facial expression or body language may not be as apparent online as they are in person.
4. Teletherapy sessions have potential benefits including easier access to care and the convenience of meeting from a location of your choosing. Teletherapy may be useful for those living in Texas but too far to travel to the therapist’s office, for those traveling for work, those unable to obtain transportation to an in-person session, or those in quarantine.
5. There are potential risks to this technology, including interruptions, unauthorized access, and technical difficulties. You or your therapist may need to discontinue the Teletherapy session if it is felt that the videoconferencing connections are not adequate for the situation. If this occurs during a session, all efforts will be made to reconnect via Zoom or phone call.
6. Teletherapy sessions will not, under any circumstances, be conducted while you are driving or while non-participating others are present within sight or earshot.
7. Both yourself and the therapist are expected to have a private location and their technology prepared prior to the time of the appointment.

8. Your therapist may decide to terminate video therapy services if she deems it inappropriate for you to continue therapy through video sessions, in which case your therapist will refer you to an appropriate provider for in-person care.
9. To maintain confidentiality, you will not share your teletherapy appointment link with anyone unauthorized to attend the appointment.

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Creating Confidential Space:

Please read the following to help you get your space and your tech set up before a Telehealth session. In order to have the best results, you should be in a quiet place with limited interruptions. Things to consider:

- *Is the space private?*
- *Can you lock the door? If not, will others who have access to the space respect your request for privacy and not enter the room? Can you/have you had a conversation with them? Were they receptive?*
- *Can others outside the room hear you talking? If so, can you create white noise with a fan or other form of background noise? (Preferably placed outside the doorway of the room you're in.)*
- *Consider using headphones or earbuds so that your provider's voice is kept private and is only hearable by you. (This can also help prevent echoing/interference problems with the audio for your therapist.)*

If you have a hard time finding confidential space, here are some examples that others have used. These are not ideal but should be considered secondary choices if an ideal setup is not available. If you use any of these, please make sure that the space is comfortable to you. Being comfortable is also highly important.

- *Laundry Room*
- *Walk-In-Closet*
- *Basement*
- *Attic*
- *Actual last resort: your car parked in a safe, private spot. (We want to emphasize that private does not mean secluded. Please do make sure you are in a safe location.)*

Technical Setup:

- A laptop or desktop computer are ideal. If you're using a tablet or phone, please prop up the device so that it is stable and that the camera is about level with your eyes.
- Please make sure that you're well-lit and don't have a bright light source directly behind you.
- Be sure you have a secure and strong internet connection.
- Close out of any programs you don't need that use your internet connection.

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By signing this form, I certify:

- That I have read or had this form read and/or had this form explained to me.
- That I fully understand its contents including the risks and benefits of using teletherapy/telehealth services.
- That I have been given ample opportunity to ask questions and that any questions have been answered to my satisfaction.

BY CLICKING ON THE CHECKBOX BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.