

Informed Consent and Agreement for Telehealth Services

This Informed Consent for Teletherapy contains important information on telehealth services/teletherapy sessions. Please read over this carefully and let your counselor know if you have any questions. When you sign this document, it will represent an agreement between you and Transpire Life Counseling, LLC.

The telehealth platform that will be used for the teletherapy sessions is Doxy.me. Doxy.me is simple and easy to use. All patients need to start a telehealth visit is the web-link to the counselor's Doxy.me room using a standard computer or Doxy.me app on a mobile device. No special hardware or software are necessary. The Doxy.me personalized web-link will direct you to check in and enter the waiting room until your counselor joins the session. Doxy-me utilizes state-of-the-art security and encryption protocols that make it compliant with HIPAA and HITECH requirements. All data is encrypted, patient sessions are anonymous, and no patient info is stored persistently on Doxy.me.

There are potential benefits and risks of videoconference that differ from in-person sessions. One of the benefits of teletherapy is that the client and clinician can engage in services without being in the same physical location. Teletherapy, however, requires technical competence on both our parts to be helpful. Most research shows that teletherapy is about as effective as in-person psychotherapy. Although the TeleMentalHealth platform on Doxy.me being used is a **secure HIPAA-compliant** video conference software program, **there are still limits to patient confidentiality**. Even secure transmission of information online is potentially vulnerable to interception by unauthorized parties. Technology issues might also impact teletherapy. For example, technology may stop working during a session, other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies.

Transpire Life Counseling, LLC's counselors have a legal and ethical responsibility to make all efforts to protect any communications that are a part of our teletherapy. However, the nature of electronic communications technologies is such that it cannot be guaranteed that communications will be kept confidential or that other people may not gain access to our communications. Please be mindful, to preserve your privacy as much as possible by using a non-shared computer for teletherapy sessions, using strong passwords for your account, and connecting via secure network. It is also advised that you conduct your session in a quiet, private space that is free of distractions and other devices during the session.

Please note:

-If you need to cancel or change your telehealth appointment, please notify Transpire Life within 24 hours at (256)-529-4673.

-In the event of technical difficulties, a point of contact for you via telephone is important as a back up for conducting the session.

-It is also important that we have at least one number for an emergency contact on file as part of a safety plan in the event of an emergency.

-If you are not an adult, you must have the permission of your parent or legal guardian, and we will need their contact information for you to participate in teletherapy.

-If you have any additional concerns about the teletherapy session, please discuss them with your counselor.

- The same fee rates will apply for teletherapy as an in-person therapy session. However, insurance or other managed care providers may not cover sessions that are conducted via telecommunication.

-If the session is interrupted for any reason, such as the technological connection fails, and you are having an emergency, do not call your counselor back; instead, call 911, or go to your nearest emergency room. Call your counselor back after you have called or obtained emergency services. If the session is interrupted and you are not having an emergency, disconnect from the session and your counselor will wait two (2) minutes and then re-contact you via the teletherapy platform. If you do not receive a call back within two (2) minutes, then call on the phone number provided by your counselor.

By signing below, you acknowledge the following

I have read and agree to the above **Informed Consent and Agreement for Telehealth Services**

-I consent to use secure video conference software for teletherapy sessions. I am aware of the risk of using video communication to transmit my protected health information.

-I also consent for my emergency contact or the local crisis line to be contacted if my provider feels that I am in a real or potential crisis that could affect the health or safety of myself or others.

-I understand that this “Informed Consent for Telehealth” is in addition to the Informed Consent for in person sessions. The extent of confidentiality and the exceptions to confidentiality that are outlined in the Informed Consent still apply in teletherapy. Please let your counselor know if you have any questions about exceptions to confidentiality.

Signature

Date