

Teletherapy Informed Consent

Introduction

This consent form outlines important information about teletherapy (virtual counseling) and requests your agreement to participate in secure online counseling sessions. Please read each section carefully, and feel free to ask questions before signing.

Nature of Teletherapy

Teletherapy is the delivery of counseling services via electronic means such as video conferencing, telephone, or secure messaging. These sessions occur when the counselor and client are not in the same location.

Minors and Teletherapy

If the client is under the age of 18, teletherapy requires the explicit consent of a parent or legal guardian. The guardian should be present at the initiation of services to provide consent and may be asked to participate periodically in treatment planning. Counselors will assess whether teletherapy is clinically appropriate for minors and will consider the minor's safety, privacy, and ability to engage meaningfully. Guardians are responsible for helping create a private space for the minor and reporting any concerns related to safety or wellbeing.

Confidentiality and Technology

All laws protecting confidentiality in traditional counseling also apply to teletherapy. Exceptions required by law (for example, suspected abuse or risk of harm) will be observed. Counselors use secure platforms designed to protect your privacy, but electronic communications can carry risks such as breaches due to hacking or technical failures.

Risks and Benefits of Teletherapy

Benefits

- Convenient access to counseling from home or another private location
- Flexible scheduling options
- Potential for increased comfort and openness in a familiar environment

Risks:

- Technical difficulties, such as poor internet connection or dropped calls
- Potential interruptions or distractions in the home environment
- Possible limitations in counselor's ability to respond to a crisis remotely
- Risk of unauthorized access to information transmitted electronically
- Teletherapy may not be suitable for every client or every situation

Best Practices for Teletherapy

- Choose a quiet, private space for each session, free from interruptions.
- Log in to the secure platform a few minutes before your scheduled appointment.
- Keep your device updated and use secure internet connections; avoid public Wi-Fi.
- Do not record sessions unless agreed upon with your counselor in writing.
- Inform your counselor of your current physical location and emergency contact at the start of every session.
- Report any technical issues or privacy concerns to your counselor as soon as possible.
- Notify your counselor of any difficulties or need to reschedule.

Emergency Procedures

Teletherapy is not appropriate for crisis situations. If you face a life-threatening emergency, call 911 or your local emergency services immediately. Always provide your counselor with your emergency contact information and current location at every session.

Fees and Insurance

Teletherapy fees are the same as in-person counseling unless otherwise stated. Verify with your insurance provider that teletherapy is covered under your plan.

Consent to Teletherapy

By signing below, you acknowledge that you have read and understand the information above, including sections specific to minors, risks and benefits, and best practices. You consent to receive teletherapy services from your licensed professional counselor and understand you may revoke consent at any time by providing written notice.

Patient/Legal Guardian Signature _____

Date _____

Therapist Signature _____

Date _____