

## TELE-HEALTH/ONLINE THERAPY CONSENT FORM

I, \_\_\_\_\_ (Client name) hereby consent to engage in Telehealth with Dr. Rakel Delevi, LMFT #77731.

I understand that Telehealth is a mode of delivering health care services, including psychotherapy, via communication technologies (e.g. Internet or phone) to facilitate diagnosis, consultation, treatment, education, care management, and self-management of a client's mental health care.

### **By signing this form, I understand and agree to the following:**

1. I have a right to confidentiality with regard to my treatment and related communications via Telehealth under the same laws that protect the confidentiality of my treatment information during in-person psychotherapy. The same mandatory and permissive exceptions to confidentiality outlined in the Informed Consent Form I received from Dr. Rakel Delevi also apply to my Telehealth services.
2. I understand that there are potential risks associated with participating in Telehealth including, but not limited to, the possibility, despite reasonable efforts and safeguards on the part of my therapist, that my psychotherapy sessions and transmission of my treatment information could be disrupted or distorted by technical failures and/or interrupted or accessed by unauthorized persons, and that the electronic storage of my treatment information could be accessed by unauthorized persons.
3. I understand that miscommunication between myself and my therapist may occur via Telehealth due to technical difficulties.
4. I understand that there is a risk of being overheard by persons near me and that I am responsible for using a location that is private and free from distractions or intrusions.
5. I understand that at the beginning of each Telehealth session my therapist is required to verify my full name and current location.
6. I understand that in some instances Telehealth may not be as effective or provide the same results as in-person therapy. I understand that if my therapist believes I would be better served by in-person therapy, my therapist will discuss this with me and refer me to in-person services as needed. If such services are not possible because of distance or hardship, I will be referred to other therapists who can provide such services.
7. I understand that while Telehealth has been found to be effective in treating a wide range of mental and emotional issues, just like any other therapy modality, there is no guarantee that Telehealth is effective for all individuals. Therefore, I understand that while I may benefit from Telehealth, results cannot be guaranteed or assured.
8. I understand that some Telehealth platforms allow for video or audio recordings and that neither I nor my therapist may record the sessions without the other party's written permission.

9. I have discussed the fees charged for Telehealth with my therapist and agree to them and I have been provided with this information in the Informed Consent Form prior to the start of my treatment.
10. I understand that my therapist will make reasonable efforts to ascertain and provide me with emergency resources in my geographic area. I further understand that my therapist may not be able to assist me in an emergency situation. If I require emergency care, I understand that I may call 911 or proceed to the nearest hospital emergency room for immediate assistance.

By my signature below, I hereby state I have read and understand the information provided above, have discussed it with Dr. Rakel Delevi, and understand that I have the right to have all my questions regarding this information answered to my satisfaction.

\*For couples or family therapy sessions, clients may sign the same form.

Client's Signature \_\_\_\_\_

Patient's Printed Name \_\_\_\_\_

Date \_\_\_\_\_

### **Verbal Consent Obtained**

The therapist reviewed Telehealth Consent Form with the client. The client indicated that he/she/they understand and agree to the above advisements, and that they have verbally consented to receiving psychotherapy services from Dr. Rakel Delevi via Telehealth.

Therapist's Signature \_\_\_\_\_

Date \_\_\_\_\_