

Informed Consent Addendum
For Phone or Video Sessions

Here are some key issues regarding phone or video chat psychotherapy sessions. I do not do psychotherapy over text or email. When you sign this document, it will represent an agreement between us. If you have any questions, please let me know.

1. Confidentiality issues

- a. If you have Siri, Google Now, Alexa or any other digital assistant app on your phone, be sure they are off before your session and unplug any smart speakers in the room before your session. If they are on, they are always listening, violating your confidentiality.
- b. No method of technological communication can completely guaranteed to be confidential. With any technology, there is always a small risk of hacking and therefore loss of confidentiality. However, be assured that I have taken all efforts to keep my technology secure.
- c. I will not record your session and I ask that you agree not to either.
- d. You agree to maintain confidentiality on your end of the session by using secure wifi (not public) and having updated virus protection on any computer used
- e. At the time of your phone or video session, please be in a quiet place where you will not be distracted or interrupted, and your session will not be overheard.
- f. If you live with others, find a quiet room and close the door. Consider using another device to play white/fan noise just inside the door for increased privacy.

2. Potential benefits to phone or video sessions

- a. We may be able to meet at times when meeting in person may not be practical
- b. I may be able to be more accessible to you in case of emergency
- c. We may be able to meet when you are out of state. However, it is important that you check with me about this beforehand, to be sure you will be in a state where I can see you legally.

3. Potential risks and costs to phone or video sessions

- a. There may be less nonverbal communication than for an in-person session.
- b. With any technology, there is always the risk of being inadvertently disconnected. If our session is disrupted at any time, we can both try to reconnect. If the video technology appears to be dysfunctional, I will call you or you can call me.

4. If you are having an urgent concern, reach out to me by email or phone. Do not use the video platform.

I understand the above information and I consent to using phone or video for psychotherapy. I understand that I can withdraw my consent to phone or video sessions at any time.

Signature

Printed Name

____/____/____
Date