



Denver DBT and Psychotherapy, INC

INFORMED CONSENT CHECKLIST FOR TELEPSYCHOLOGICAL SERVICES

Prior to starting Video Conferencing, we agree to the following:

- There are potential benefits and risks of video-conferencing (e.g. limits to patient confidentiality) that differ from in-person sessions.
- Confidentiality still applies for telepsychology services and nobody will record the session without the permission from the others person(s).
- We agree to use the video-conferencing platform selected for our virtual sessions and your clinician will explain how to use it.
- You will need to use a webcam or smartphone during the session.
- It is important to be in a quiet, private space that is free from distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public/free Wi-Fi.
- It is important to be on time. If you need to cancel or change your tele-appointment, you must notify your clinician in advance by phone or email.
- The same rules apply for individual and group therapy cancellations that apply for in-person cancellations (we are happy to review these with you).
- You and your therapist will work together to clarify a back-up plan (e.g. phone numbers where each of you can be reached) in the event that technical problems occur.

- We will create a safety plan that includes at least one emergency contact and the closest ER to your location (in the event of a crisis situation).
- If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in telepsychology sessions.
- Should you submit receipts for reimbursement, please confirm with your insurance company that the video sessions will be reimbursed; if they are not reimbursed, you are responsible for full payment.
- As your psychotherapist, I may determine that due to certain circumstances, telepsychology is no longer appropriate and that we should resume our sessions in-person.

Client or Responsible Party's Signature

Date

Typing your name above will stand in for the signature.

Print Client's Name

Clinician's Signature

Date