



TELETHERAPY CONSENT FORM

- Definition of Services: I, _____, hereby consent to engage in teletherapy with Chris Perry, LMHC. Teletherapy is a form of psychological service provided via internet technology, which can include consultation, treatment, transfer of medical data, emails, telephone conversations and/or education using interactive audio, video, or data communications. I also understand that teletherapy involves the communication of my medical/mental health information, both orally and/or visually. Teletherapy has the same purpose or intention as psychotherapy or psychological treatment sessions that are conducted in person. However, due to the nature of the technology used, I understand that teletherapy may be experienced somewhat differently than face-to-face treatment sessions.
- I understand that I have the following rights with respect to teletherapy:

Client's Rights, Risks, and Responsibilities:

- 1. I, the client, need to be a resident of Washington; or, my therapist must abide Washington State law. (This is a legal requirement for counselors practicing in this state under a WA license.)
- 2. I, the client, have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment.
- 3. The laws that protect the confidentiality of my medical information also apply to teletherapy. As such, I understand that the information disclosed by me during the course of my therapy or consultation is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, which are described in the general Consent Form I received from Chris Perry Therapy, PLLC at the start of my treatment with Chris Perry.
- 4. I understand that there are risks and consequences of participating in teletherapy, including, but not limited to, the possibility, despite best efforts to ensure high encryption and secure technology on the part of my counselor, that: the transmission of my information could be disrupted or distorted by technical failures; the transmission of my information could be interrupted by unauthorized persons; and/or the electronic storage of my medical information could be accessed by unauthorized persons.
- 5. There is a risk that services could be disrupted or distorted by unforeseen technical problems.
- 6. In addition, I understand that teletherapy based services and care may not be as complete as face-to-face services. I also understand that if my therapist believes I would be better served by another form of therapeutic services (e.g. face-to-face services) I will be referred to a professional who can provide such services in my area.
- 7. I understand that I may benefit from teletherapy, but that results cannot be guaranteed or assured. I understand that there are potential risks and benefits associated with any form of psychotherapy, and that despite my efforts and the efforts of my therapist, my condition may not improve, and in some cases may even get worse.
- 8. I accept that teletherapy does not provide emergency services. If I am experiencing an emergency situation, I understand that I can call 911 or my local emergency number, or proceed to the nearest hospital emergency department for help. Clients who are actively at risk of harm to self or others are not suitable for teletherapy services. If this is the case or becomes

- the case in future, I understand that my therapist will recommend more appropriate services.
- 9. I understand that there is a risk of being overheard by anyone near me if I am not in a private room while participating in teletherapy. I am responsible for (1) providing the necessary computer, telecommunications equipment and internet access for my teletherapy sessions, and (2) arranging a location with sufficient lighting and privacy that is free from distractions or intrusions for my teletherapy session. It is the responsibility of the psychological treatment provider to do the same on their end.
 - 10. I understand that dissemination of any personally identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without my written consent.

Power failure: outside of exceptional emergency circumstances you will always find your therapist available and online for sessions via telehealth. Power outages is one of these circumstances that we should prepare for. To reduce down time, I have:

- Three cell phones across two different carriers, all with Wi-Fi capability
- Multiple devices capable of internet connection, charged at all times
- Solar power banks in the event that the above devices lose power

If you arrive for session and notice that your therapist is more than a minute or two late it would be a good idea to navigate to <https://www.pse.com/outage/outage-map>. If you notice that Sammamish is experiencing an outage it is likely that I have been impacted. Often when power goes out cell towers will stop working. I will reach out to you just as soon as it is possible to do so. If you were needing emergent services, please follow emergency procedures outlined in my treatment and disclosure form, or call 911.

Patient Name

Date