

*Creating Choices PC - Deb Lang, Psy.D. - Licensed Psychologist
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Telepsychology Informed Consent

Telepsychology is the delivery of mental health care through interactive technologies (audio, video or other electronic communications) between a practitioner and a client who are not in the same location.

Telepsychology comes with both benefits and risks. Benefits include convenience and continuity of care when either a client or practitioner changes their location. Many clients find that it is less stressful to have sessions from home. Since there is no need to travel to a practitioner's office there is also the privacy offered by not entering a therapist's office. Sometimes, clients are more relaxed in the comfort of home and find the distance helps in sharing difficult feelings.

There are risks, however, in using technology for therapy sessions. Some of these risks include; breaches in confidentiality, theft of personal information, and disruption of our sessions due to technical difficulties. There is also the risk that someone may enter your space while you are in session.

Some clients may have an emotional reaction to sharing their feelings through technology and may have a reaction to not having a therapist in the room with them as they process their feelings.

To minimize these risks, we will use only secure HIPAA approved sites for our sessions and for the storage of all of your information. I ask that you communicate with me via my secure client portal and not through regular email or texting, as these are not HIPAA approved means of communication.

Prior to initiating telepsychology, you should consider how it will be for you to work remotely and to share feelings over the phone or online. It is also important for you to think about how it will be for you to deal with emergencies in your care, remotely. Before beginning our work together, we will spend time assessing these issues and decide whether telepsychology is in your best interest.

It is also your responsibility to ensure that you will have privacy for your session and that your environment will not distract you from your work in therapy. We tend to multi-task while at home and this is another risk of telepsychology. During our sessions please follow the same guidelines that you would use in the confines of my office. This means avoiding multi-tasking in any form such as checking emails, receiving text messages, answering questions from household members or caring for pets. I understand that pets are often helpful in the therapy process and please think about whether having your pets in the room with you helps you to better use your therapy time or whether it is a distraction. Also, to ensure your privacy, make sure that other devices which could potentially record your session are turned off.

If we have a disruption of service that interrupts our session, as long as I have cellular service, I will call you to continue our session or to reschedule. If I do not have cell service, I will call as soon as I have it.

Should you decide that you need in person therapy, rather than telepsychology, I will gladly assist you in this process. Ultimately, it will be your responsibility to find a practitioner in your area with whom you feel comfortable continuing your therapy work.

Therapy is an investment of your time and resources. Let's make sure to make that investment count!