

Melinda White, MA
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ACT Certified Cognitive and Behavioral Therapist, #00111
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Informed Consent for Telehealth Services

Prior to starting telehealth services, we discussed and agreed to the following:

- There are potential benefits and risks of video-conferencing (e.g. limits to patient confidentiality) that differ from in-person services.
- Confidentiality still applies for teletherapy services and no one will record the session without the permission from other person(s).
- We agree to use the video-conferencing platform selected for our virtual sessions and my psychotherapist will explain how to use it.
- You need to use a webcam or smartphone during the session.
- It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public or free WIFI.
- It is important to be on time. If you need to cancel or change your tele-appointment, you must notify your psychotherapist by phone or email and give 24 hours notice or longer.
- We need a back-up plan (e.g., phone number where you can be reached) to restart the call or to reschedule it, in the event of technical problems.
- We need 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 teletherapy sessions. You should 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, teletherapy is no longer appropriate and that we should resume or change our sessions to in-person.

Psychotherapist name/Signature: *Melinda White, LMFT*

Client Name:

Signature of Client/Client's legal representative:

Date: