

Center for Anxiety & Social Intervention

*Evidence-based psychotherapy and assessment
for children, teens, and families*

TELEPSYCHOLOGY INFORMED CONSENT FORM

Telepsychology is the process of doing psychotherapy using the phone or internet. Please read the following document carefully as it outlines the additional procedures and potential risks contained in this type of therapy. Please let me know if you have any questions. When you sign at the bottom, this will indicate your agreement to participate in telepsychology with Dr. Veed.

Potential Risks to Telepsychology

- **Risk to Confidentiality.** Dr. Veed has taken many steps to ensure the technology you are using for telepsychology is as secure and confidential as possible. However, **no technology is perfectly secure and confidentiality cannot be guaranteed.** It is very important that you take steps to make sure you are in a private place when we have our session and that your technology (i.e., computer or smartphone) has updated virus and malware protection. You must be on a secured, private wifi connection to participate. Dr. Veed may terminate telepsychology if privacy is not protected.
- **Efficacy of Telepsychology.** Research suggests that telepsychology is as effective as in-person therapy. However, if our technology has trouble or is disconnected, it will impact what we are able to accomplish. Some clients find they prefer in-person therapy to telepsychology and, for some clients, telepsychology may not be appropriate (e.g., some younger clients, those in crisis situations). Dr. Veed will discuss these concerns as they arise. In case of technical issues, we may need to troubleshoot together or hold a session over the phone.
- **Emergent Situations.** In the event of an emergency during our session, Dr. Veed's means of assisting are more limited. We will agree on an emergency contact when initiating telepsychology and Dr. Veed will reach out to that person should he believe an emergency is occurring. If you lose connection with Dr. Veed during an emergency, please immediately contact 911.

Telepsychology Procedures

- To initiate a telepsychology session, I will e-mail or SMS text you a hyperlink. This method of communication is for initiating the session only. For all other communication, including troubleshooting the technology, please use my office phone number (773-442-2048).
- Telepsychology sessions will not be recorded or stored in any way. I will maintain non-video documentation of the session in the same way as a regular session.
- You will be billed in 15 minute increments (\$62.50 / 15 minutes) for the portion of the hour you use.
- The 24 hour cancellation/no-show policy remains in effect. You will be billed the full session amount (\$250) for late-cancellations or missed appointments.
- For payment, I can charge a credit card on file, take a credit card number during the session, or mail you a bill to be paid via check. Cash payment is not available for telepsychology appointments.
- All other clinic policies of the Center for Anxiety and Social Intervention apply to telepsychology sessions. Please see the Outpatient Services Contract and Privacy Policies for more specific details.

Signature: _____

Printed Name: _____

Signature of Legal Guardian (if under 18): _____

Printed Legal Guardian Name: _____

Date: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____