



## TELEPSYCHOLOGY CONSENT

Telepsychology is the provision of mental health services using interactive telephone or video-conferencing systems while the provider and patient are in different locations. AK Telepsychology uses website, telephone, and videoconferencing protocols that meet or exceed the minimum level standard developed by the Health Insurance Portability and Accountability Act (HIPAA). These protocols protect against intentional or unintentional violations of your privacy.

### **Advantages**

- Telepsychology is suitable for those seeking long-term support with problems of daily living.
- Telepsychology allows access to care conveniently from home, office, or elsewhere.
- Additional advantages include: zero travel time to attend appointments, access for individuals who prefer technology-mediated communication, flexible scheduling, access for individuals in rural areas, access for individuals with mobility or medical restrictions, and reduced costs.

## Disadvantages

- Security protocols can fail, causing breach in privacy of confidential information.
- Telepsychology is not appropriate for urgent or emergency care.
- Visual cues can be more challenging to read through videoconferencing than in person. For this reason, individuals in crisis are better served by traditional mental health services.
- Telepsychology requires participants to have a smartphone or computer, and willingness to download and use a videoconferencing application.
- Insurance companies may be unfamiliar with Alaska statutes mandating that mental health insurance benefits cover telepsychology.

## Patient Responsibilities

### I agree:

- To reasonably expect occasional difficulties connecting through videoconferencing. If I fail to join a meeting within five minutes of the agreed upon appointment time, I will join the meeting with my clinician via the telephone number on the appointment link.
- To return all phone messages, and to read and respond to all email and text communications.
- To ensure proper functioning of all conferencing systems prior to the start of sessions, preferably via a brief, scheduled appointment with our practice manager.
- To safeguard my privacy and protect the confidentiality of sessions on my end.

- Not to record any telepsychology sessions without prior written consent from my clinician.
- Always to inform my clinician if anyone can hear or see any part of a session prior to its onset.

By auto-signing in the Therapy Portal, I acknowledge and accept the possible risks and benefits of telepsychology, as well as my patient responsibilities, and I consent to participate in this form of treatment.