



Center for Child & Family Development  
Psychotherapy Services Agreement  
**Telepsychology Addendum**

**Telepsychology**

In-person psychotherapy sessions are recommended whenever possible as they provide the greatest benefit to clients. However, under certain circumstances, our providers may offer therapy sessions via video conferencing technology. The appropriateness of teletherapy will differ based on a variety of factors, and our providers will work on a case-by-case basis to determine and discuss with you whether this type of service is recommended.

The teletherapy platform used by our providers was carefully selected. It is HIPAA compliant and uses encryption to protect your information and confidentiality; however, as with all technologies like these, there is always some risk to the security of information (e.g., unforeseen problems with hardware or software, data breaches, viruses).

There may also be practical problems that arise during the course of teletherapy (e.g., technology failures, service interruptions). Prior to any teletherapy sessions, you and your therapist should discuss a plan for what will happen if the session ends unexpectedly (e.g., service interruption), including alternative ways to get in touch and who is responsible for attempting to re-initiate contact.

Assessing for and addressing crisis situations is more challenging when you and your therapist are not in the same location. Prior to any teletherapy sessions, it is important that you and your therapist discuss a safety plan. This may include identifying an emergency contact person who is near your location that your therapist can contact in an emergency. Should your teletherapy session be interrupted for any reason and you are experiencing a crisis or emergency, *do not call your therapist back. Instead, contact 911 or go to your nearest emergency room immediately.* Once you have called or are receiving emergency services, you should then make contact with your therapist.

The fees for teletherapy sessions are the same as in-person sessions. Please be aware that not all telepsychology services are reimbursed by insurance companies. We suggest that you contact your insurance company to find out their policy before scheduling a teletherapy session. If a teletherapy session is interrupted due to a technological failure and you and your therapist are unable to resume the session, your session fee will be prorated accordingly.

Phone sessions without video may be used at the discretion of your provider should circumstances prevent video communication. Please be aware that services provided via phone are not typically reimbursed by insurance companies. It is recommended that you contact your insurance provider for more information.

**This agreement serves as an addendum to our full informed consent agreement, which you signed at the outset of treatment. Please see our website or let the office staff know if you would like an updated copy of the full consent form.**

Your signature below indicates that you have read this addendum and agree to its terms.

\_\_\_\_\_  
Client's name (please print)

\_\_\_\_\_  
Client's signature (if 14 years of age or older)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian signature (in case of minor)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian signature (in case of minor)

\_\_\_\_\_  
Date