



Remote Therapy Session Consent

Remote therapy sessions (otherwise known as telehealth) allows for the easy delivery of and access to mental health care during the COVID-19 pandemic. The platform I most commonly use for the delivery of remote therapy sessions is Zoom. Though Zoom is very simple to operate for children and adults alike, please note that it is non-HIPAA compliant (i.e., not designed to protect the integrity of Protected Health Information). This means that I am unable to guarantee the confidential delivery of telehealth services during its use, even though Zoom was designated an “acceptable technology” by the Board of Psychology and other licensing care boards in March 2020.

During Zoom sessions, you agree to receive remote therapy sessions in a quiet, private place for yourself and/or your child that is out of earshot of other people. You are responsible for ensuring privacy at your own location. Please notify me if someone else will be in the room during remote therapy sessions either on or off camera who can see or hear the session. I ask that you do not record our sessions, and to turn off any virtual assistant artificial intelligence devices like Alexa or Echo. Be aware that interruptions may result at any time from technological challenges with software, hardware and internet connections.

My fees for remote therapy sessions with adults are the same as for in-person treatment. Given the difficulty children have in maintaining focus on Zoom, my remote sessions with children last 30 minutes (instead of the 45 minutes I normally see children in person). I have prorated my fees to reflect this.

In the event that we get disconnected during our Zoom session, feel free to call or text me at 510-282-5710 to determine the best way to proceed with your therapy session.

I have read and understood the above guidelines and I consent to the conditions of telehealth treatment as outlined above.

Client Signature: _____ Date: _____

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