

**CHAMPION PSYCHOLOGICAL SERVICES, LLC**

**P.O. Box 2623 Mercerville, NJ 08619**

**P: 609-638-7560 / F:609-581-4762**

**INFORMED CONSENT FOR TELEPSYCHOLOGY SESSIONS**

This Informed Consent for Telepsychology has important information about psychotherapy via phone or the Internet. Please note that Champion Psychological Services, LLC (henceforth abbreviated as CPS, LLC) offers telepsychology sessions.

**Benefits and Risks of Telepsychology**

Telepsychology refers to psychotherapy services that are provided remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of telepsychology is that the client and clinician can engage in services without being in the same physical location. Telepsychology, however, requires some technical competence on both our parts to be helpful.

Although there are benefits to telepsychology, there are some differences between in-person psychotherapy and telepsychology, as well as some risks. For example:

- Risks to confidentiality. Because telepsychology sessions take place outside the therapist's private office, there is potential for other people to overhear sessions if you are not in a private place during the session. CPS, LLC will ensure the therapist's privacy. But it is important for you to make sure you find a private place for the session where you are so that you will not be interrupted and can protect the privacy of the session on your cell phone or other device. You should participate in therapy only while in a room or area where other people are not present and cannot overhear the conversation.
- Issues related to technology. Technological issues can impact telepsychology. For example, technology may stop working during a session, other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies. The latter may occur if we are not using a HIPAA-compliant technology service provider, such as Face Time or a telephone. CPS, LLC currently uses HIPAA-compliant Therapynotes.

Therapynotes confirmed to me in writing that they do not make an audio or video record of

sessions. They facilitate the transmission of audio and video between the client and the provider and maintain high cybersecurity so that no one can hack the communication. An analogy is Verizon providing a phone service. Verizon does not record your phone conversation.

## **Champion Psychological Services, LLC (CPS, LLC)**

- Crisis management and intervention. CPS, LLC recognizes that telepsychology is not an appropriate intervention for crisis management. If you are in crisis you may certainly call me and we will determine what is clinically appropriate, including referral to your nearest emergency room, Crisis Center, or a call to 911. However, please be aware, I am not available 24 hours per day/ 7 days per week. I will return your call as soon as possible.

### **Electronic Communications**

You may need certain computer or cell phone systems to use telepsychology services. You are solely responsible for any cost to you to obtain necessary equipment, accessories, or software to take part in telepsychology.

### **Confidentiality**

**CPS, LLC** has a legal and ethical responsibility to make best efforts to protect all communications that are a part of telepsychology. However, the nature of electronic communications technologies is such that it cannot guarantee that communications will be kept confidential, or that other people may not gain access to these communications. As with any electronic communication, there is an inherent risk that electronic communications may be compromised, unsecured, or accessed by others.

You should also take reasonable steps to ensure the security of communications (for example, using only secure networks for telepsychology sessions and having passwords to protect the device you use for telepsychology).

Please do not share the password you use for telepsychology.

Assessing and evaluating threats and other emergencies can be more difficult when conducting telepsychology than in traditional in-person therapy. To address some of these difficulties, we will create an emergency plan before engaging in telepsychology services. I will ask you to identify an emergency contact person who is near your location whom I will contact in the event of a crisis or emergency to assist in addressing the situation. By signing this form, you are allowing me to contact your emergency contact person as needed during such a crisis or emergency.

**Name of Emergency Contact:**

**Phone Number: Relationship:**

If the session is interrupted due to an emergency, address that issue first, and call me back after you have obtained emergency services.

If the session is interrupted and you are not having an emergency, disconnect from the session and I will wait two (2) minutes and then re-contact you via the telepsychology platform on which we agreed to conduct therapy. If there is a technological failure and we are unable to resume the connection, we may need to use another platform or reschedule the session.

## Champion Psychological Services, LLC -FEES

### **Fees If No Insurance Coverage for Teletherapy with CPS, LLC**

You may choose to contract for telepsychology services as a private payor if your insurance does not cover such treatment. You will agree to be billed. The rate for the initial session is \$180 for an initial session and \$150 for follow-up 45-minute sessions. I can provide a sliding scale to clients who qualify.

### **Fee If Insurance Coverage Includes Teletherapy with CPS, LLC as a Covered Provider**

You may choose to contract for telepsychology services under your insurance plan. As the client, you are responsible to verify coverage and the parameters your policy requires for telepsychology. CPS, LLC will discuss options for services within these guidelines and submit billing to your insurance provider in a manner in line with the services provided. Clients will be responsible for any charges deemed their responsibility by the insurance provider. Please note that if your insurer does not reimburse for sessions as agreed, then you will be responsible for payment.

### **Copayments**

All copayments and fees for treatment are expected at the beginning of each session.

### **Records**

CPS, LLC will maintain a record of the telepsychology session in the same way records are currently maintained for in-person sessions.

### **Informed Consent**

This agreement is intended as a supplement to the Client Information and Informed Consent signed and agreed to at the onset of our clinical work together and does not amend any of the terms of that agreement.

Your signature below indicates agreement with the terms and conditions of this document.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Psychologist: \_\_\_\_\_ Date: \_\_\_\_\_