

Informed Consent for Psychotherapy by Telepresence

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Doing psychotherapy by telepresence is not my preferred way of working. However because of the current COVID-19 pandemic, it is the best way of duplicating a therapeutic experience.

All telepresence forums may potentially compromise confidentiality in some ways. Using any telecommunications service entails a third party to become aware of confidential facts. For example, that the client and therapist know each other in some way. We ultimately have to trust that the developers and operators of the platforms have done their jobs to prevent any sort of hacking or breeches.

There are several platforms available and some are technically more secure than others. Normally it would make sense to use the more secure platforms like doxy.me. However, because of the fact that these systems are overloaded at the current time and as a result crashing during sessions, I have been using FaceTime and Skype which have been much more successful for me.

When we set up our initial appointment, we can discuss this and you can guide me as to which platform you would prefer.

By agreeing to meet using telecommunications technology for psychotherapy, you are agreeing that you are aware of the limitations of complete confidentiality and accept this reality. You agree to hold the therapist harmless if there is any computer breach or unanticipated compromise to confidentiality that is out of the therapist's control.

You agree that neither of us records the session, neither video or audio, except by prior agreement.

We both agree that nobody may be hidden or a secret witness to therapy "off camera" where the other unwitting party can't see them.

Signature of client

Signature of therapist

Date