



MIND AND BODY
COUNSELING ASSOCIATES

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INFORMED CONSENT FOR TELEHEALTH THERAPY SESSIONS

At MBCA we believe in the value of in-person therapy and will continue to believe in the value of therapy performed face-to-face. Therapy sessions via telephone or video telehealth are methods that will only be used in exceptional or temporary circumstances. Telehealth requires a separate consent for treatment to ensure that you understand the risks and benefits associated with the format. Please read the following and sign below to proceed with teletherapy:

1. There are potential benefits and risks of video-conferencing (e.g. limits to patient confidentiality) that differ from in-person sessions.
2. Confidentiality still applies for teletherapy services, and no one will record the session without the permission of the other person(s).
3. We agree to use the video conferencing selected for our virtual sessions and the therapist will explain how to use it.
4. You need to use a webcam or smartphone during the session.
5. It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
6. It is important to use a secure internet connection rather than free or public Wi-Fi.
7. It is important to be on time. If you need to cancel or change your teletherapy appointment you must notify the office or your therapist in advance by phone or email. ***Note: teletherapy appointments still apply to our 24-hour cancellation policy***
8. Please provide a back-up plan (e.g. phone number where you can be reached) to continue the session in the event of technical difficulties.
9. We need a safety plan that includes at least one emergency contact and the closest emergency room to your location in the event of a crisis situation.
10. If you are a minor, we need the permission of your parent/legal guardian (and their contact information) for you to participate in teletherapy sessions.
11. Confirm with your insurance company that the video session will be reimbursed; if they are not reimbursed, you are responsible for full payment.
12. As your therapist, I may determine that due to certain circumstances, teletherapy is no longer appropriate and that we should resume our sessions in person.

Should video conferencing be necessary, you may attend your session by following the link sent to you by each therapist. Please arrive no more than three minutes before the beginning of your session. If you have the link sent to you via email, please note email is not reliably HIPAA compliant.

While telephone and video conferencing as a delivery method for therapy is not ideal, ensuring your safety and well-being is one of the responsibilities of your therapist. We at Mind and Body Counseling Associates take that responsibility seriously.

By signing the MBCA Informed Consent in the Patient Registration Packet, you are agreeing to the policies mentioned above. Please print or save this document for your records.