

# Telemental Health Appointments

## CONSENT FOR THE USE OF VIDEO APPOINTMENTS

Frequently over the course of counseling it has been useful to use remote counseling. This may happen if you are sick and cannot make it to the office (including due to weather or snow), when you are out of town, or if you are choosing to be seen remotely exclusively for appointments. This document details the benefits/risks and important information that you will need to know when using remote appointments.

## DEFINITION OF TELEMENTAL HEALTH

TeleMental health means the remote delivering of health care services via technology-assisted media. This

includes a wide array of clinical services and various forms of technology. The technology includes but is not limited to, a telephone, video, internet, a smartphone, tablet, PC desktop system or other electronic means. The

delivery method must be secured by two way encryption to be considered secure. Synchronous (at the same time) secure video chatting is the preferred method of service delivery.

## LIMITATIONS OF TELEMENTAL HEALTH APPOINTMENTS

While TeleMental health offers several advantages such as convenience and flexibility, it is an alternative form or adjunct to therapy and thus may involve disadvantages and limitations.

There may be a disruption to the service (e.g., phone gets cut off or video drops, there is a lag in video or audio). This can be frustrating and interrupt the normal flow of personal interaction. Should this occur, there is a risk of misunderstanding one another when communication lack of visual or auditory cues.

Additionally, the therapy office decreases the likelihood of interruptions. However, there are ways to minimize interruptions and maximize privacy and effectiveness. As the therapist, I will take every precaution to insure a technologically secure and environmentally private psychotherapy sessions. As the client, you are responsible for finding a private quiet location where the sessions may be conducted. Consider using a "do not disturb" sign/note on the door.

If something occurs to prevent or disrupt any scheduled appointment due to technical complications and the session cannot be completed via online video conferencing, please call Rachel Orleck-Lubka, Psy.D. at 206-745-3526. Please make sure you have a phone with you, and I have that phone number.

## IMPORTANT INFORMATION

I am only able to provide counseling to clients who reside in the states where I hold my licenses to practice psychology. Rachel Orleck-Lubka, Psy.D. is licensed in the states of Washington. As a client, you must reside in one of these two states.

Go to this link to understand how to use the SimplePractice Video Office platform:

<https://support.simplepractice.com/hc/en-us/articles/360003183011-Telehealth-FAQs-for-clients#howtojoino>

Video sessions are not an emergency service. In the case of an emergency please call 911, go to your nearest emergency room or contact a crisis hotline.

- <https://suicidepreventionlifeline.org>
- 1-800-273-TALK (8255)

## HOW TO MAXIMIZE THE VIDEO SESSIONS

- Have excellent lighting behind the camera to make sure I am able to see your facial expressions

- Make sure that I can see you from the shoulders up and have a clear view of your face. For couples, please make sure that both of you are fully within the frame from mid-torso to the top of your head.
- Test your microphone and camera connection in the 10 min prior to session
- A reminder email or text, depending on the preferences you set up when completing your personal information form, will be sent to you 10 minutes prior to the start of session. This email or text will include the link for your session. If you did not receive it, please contact me by email or phone so that I can send you the link as soon as possible.

By signing this form, I certify:

- That I have read, had this form read, and/or had this form explained to me.
- That I fully understand its contents including the risks and benefits of remote sessions.
- I agree to take full responsibility for the security of any communications or treatment on my own computer or electronic device and in my own physical location. I understand I am solely responsible for maintaining the strict confidentiality of my connectivity link. I also understand that I am responsible for using this technology in a secure and private location so that others cannot hear my conversation.
- I understand that by agreeing to this document, I am not confirming that remote appointments will be used. This will be determined in a conversation with Rachel Orleck-Lubka, Psy.D.
- I understand that I or Rachel Orleck-Lubka, Psy.D. can choose to discontinue use of this virtual platform at any point.
- That I am a resident of the state of Washington.

**BY CLICKING ON THE CHECKBOX BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.**