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Get it in gear with Psychotherapy

H.O.P.E. Psychotherapy of Houston, PLLC  
www.HopePsychotherapyOfHouston.com

### TELETHERAPY SERVICES INFORMED CONSENT

Teletherapy by definition is the delivery of therapeutic services by which the therapist and patient are not within the same physical location. At H.O.P.E. Psychotherapy of Houston this includes Web Cam sessions conducted via SecureVideo, a HIPAA-Compliant Videoconferencing solution.

Unless we explicitly agree, our teletherapy session is confidential (see the Consent for Services you have also signed).

All teletherapy services are conducted within the state of Texas, and are governed by the laws of that state. Any teletherapy services conducted must be within the physical boundaries of Texas.

Teletherapy should not be confused with face-to-face therapy, as it has the following restrictions: it is possible a 3<sup>rd</sup> party within your environment, or the therapist's environment to overhear the conversations being conducted. In addition, a 3<sup>rd</sup> party could hack (man in the middle attack) and overhear or see the session as it is being conducted. By signing this form, you acknowledge these risks.

It is your responsibility to provide your own equipment in order to conduct the teletherapy session. This includes a computer, tablet or phone, with a webcam or camera built into the device, and Internet access to conduct the session. It is the therapist's responsibility to provide similar equipment in her environment.

It is your responsibility to make sure the environment chosen to conduct the teletherapy session is as private as possible. In this environment, it is your responsibility to keep distractions to a minimum. In addition, it is your responsibility to protect confidential information within your environment (prevent anyone from listening in to the session from someone else in the home). It is the therapist's responsibility to do the same in her environment.

Teletherapy does not provide emergency services. If you are experiencing an emergency situation, call 911 or proceed to the nearest hospital emergency room for help, or contact your psychiatrist. If you are having suicidal thoughts, contact the National Suicide Prevention Lifeline at: 1-800-273-8255.

By signing this form, you agree to have read, understand, and agree to the information presented above:

\_\_\_\_\_  
Patient's Name

\_\_\_\_\_  
Patient's/Legal Guardian's Signature

\_\_\_\_\_  
Date

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