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CONSENT FOR TELETHERAPY

“Teletherapy” includes diagnosis, consultation, treatment, transfer of medical data, and education using secure internet technology, such as interactive audio, video, or data communications. Online therapy sessions are conducted through a secure, HIPAA-compliant telehealth application called ‘Doxyme’ that adheres to the highest standards of encryption technology.

The same laws, professional standards, client rights and office policies detailed in the “Privacy Policy” and “Informed Consent for Therapy” also apply to all teletherapy services. These documents are always available on the client portal and my website for your reference. In addition, it is important you understand the following information regarding teletherapy services if using information technology for some or all of your treatment.

- Despite best efforts to ensure high encryption and secure technology, there is always a risk that the transmission can be breached and accessed by unauthorized persons. The confidentiality of online communication cannot be guaranteed.
- You are responsible for creating a safe and confidential environment on your end of the transmission. For your safety and privacy, I encourage you to take the following steps:
 - Arrange a location with sufficient privacy that will be free from distractions or intrusions during the duration of the session
 - Connect directly to the Wi-fi network to increase security and quality of transmission
- I cannot provide emergency services through teletherapy. During our first session, we will discuss an emergency response plan. If you are experiencing an emergency situation, call 911 or proceed to the nearest hospital emergency room for help. If you are having suicidal thoughts or making plans to harm yourself, call the National Suicide Prevention Lifeline at 1-800-273-8255 for free 24 hour hotline support.

- Unforeseen technical difficulties may result in occasional disruptions or distortions in services. Should a disruption occur at a time of crisis, please call me immediately at 818-659-8632.
- You may withdraw consent at any time without affecting your right to future treatment.
- If it is determined that teletherapy services are not appropriate for your needs, we will schedule a face-to-face session or I will provide you with a local referral for appropriate services.
- There are benefits and risks to teletherapy services. Potential benefits include improved communication capabilities, reduced costs, greater access to therapy, and reduced time and travel costs associated with attending session in-person. A potential risk of teletherapy is that I may be unable to make observations that are potentially relevant for accurately assessing and diagnosing mental health conditions (e.g. olfactory observations). I expect that you will benefit from teletherapy, but I cannot guarantee this will occur.
- By signing this consent, you attest that you are currently living in California and you are over the age of 18.

BY SIGNING BELOW I AM AGREEING THAT I AM CURRENTLY A RESIDENT OF CALIFORNIA AND THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

Signature _____ Date _____

Name (Printed) _____