

Allyson Carlson Psy.D.  
dramcarlson@gmail.com  
6144 Route 25A Suite 23-24  
Wading River, New York, 11792  
631.708.5945

### **Teletherapy Consent Agreement**

Video Conferencing is an option for conducting remote sessions over the internet where you will be able to speak to and see your Psychologist, Allyson M. Carlson on a screen. You and Dr. Carlson may choose to use this option if you, and Dr. Carlson, agree that this is best for your sessions at this time. Dr. Carlson will be using doxy.me, Therapy Notes, or VSEE as secure video-conferencing platforms. If you and Dr. Carlson choose to utilize this technology, she will give you detailed directions regarding how to log-in securely. I ask that you please sign on to the platform at least five minutes prior to your session time to ensure you and Dr. Carlson are able to start promptly. Additionally, you are responsible for initiating the connection with Dr. Carlson at the time of your appointment.

I strongly suggest that you only communicate through a computer or device that you know is safe (e.g., has a firewall, anti-virus software installed, is password protected, not accessing the internet through a public wireless network, etc.) As a reminder there are no recordings of these sessions.

- These platforms are online communication tools allowing for face-to-face video and are **HIPAA compliant**.
- They require the use of a browser but do not require any software download.
- Appointments will be sent via email. Please be online at least five minutes prior
- to session, alone, in a quiet room, with the door closed.
- For best picture and audio quality, a hardwired connection (via LAN cable) rather than a
- wireless one should be used if possible. Headphones add additional security and audio quality.
- Confidentiality should be treated like an in-office session: no outside distractions, turn off cell phones, close other programs on your computer, and be on time.
- I understand that Dr. Carlson may decide to terminate teletherapy services, if she deems it inappropriate for me to continue treatment through video sessions. In this case, Dr Carlson may provide in-person care or make a referral to another provider or clinic, if necessary.

Potential **benefits** to using teletherapy include (but are not limited to)

- In this time of coronavirus pandemic, direct person-person contact is removed thereby eliminating risk of contamination
- more convenient and accessible for many
- cost effectiveness and savings (eg.travel expenses, child care coverage)
- can help patients maintain continuity of care due to convenience and ease

Potential **risks** to using teletherapy may include (but are not limited to)

- lack of reimbursement by your insurance company
- technology dropping out due to internet connections

Allyson Carlson Psy.D.  
dramcarlson@gmail.com  
6144 Route 25A Suite 23-24  
Wading River, New York, 11792  
631.708.5945

- delays due to connections or other technologies
- a breach of information that is beyond my control
- discomfort with virtual face to face vs. in person treatment
- difficulties interpreting non-verbal communication
- limited access to resources if risk of self-harm or harm to others becomes apparent

**I also understand the following limitations of teletherapy video therapy sessions:**

- Any internet-based communication is not 100% guaranteed to be secure/confidential. I agree that Dr. Carlson should not be held responsible if any outside party gains access to the video feed.
- In a crisis or emergency situation that needs immediate attention, whereby I am considering seriously harming myself or someone else, I will dial 911, or go to a mental health hospital/ER.
- Technical problems could occur. If the call is disrupted, I will call back within ten minutes. If reconnection cannot occur, the session will be rescheduled. Clients will not be charged for sessions that are interrupted due to technical difficulties.

For all video sessions, anyone participating must be visible on the screen. For individual sessions, this is the patient only. For family sessions, this is only those members who will be involved in the session.

For sessions with a minor – anyone under 18 years of age - a parent must be available in your location.

You are not permitted to record video sessions in any manner. The platforms do not record these sessions. They disappear once the session is over.

For any missed sessions, the regular cancellation policy which families sign and bring to the opening session will apply.

**Agreement:**

I have been informed of and understand the risks and procedures involved with using the videoconferencing technology. I agree to the terms listed above and I hereby voluntarily consent to the use of this platform for appointments with Dr. Carlson. I agree that Dr. Carlson should not be held liable in the event that any outside party passes technology security and discovers personal or confidential information. This consent will last for the duration of the relationship with Dr. Carlson. I can withdraw my consent for a video therapy session at any time, and Dr. Carlson will work with me to find a suitable alternative.

Allyson Carlson Psy.D.  
dramcarlson@gmail.com  
6144 Route 25A Suite 23-24  
Wading River, New York, 11792  
631.708.5945

You must accept this agreement in writing via email to me with the subject line Teletherapy Consent Agreement. Please simply state “I agree to the Teletherapy Agreement with Dr. Carlson.” and sign \_\_\_\_\_