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INFORMED CONSENT FOR TELEHEALTH VIDEO SESSIONS

1. INTRODUCTION

Using video as a way for us to meet for psychotherapy introduces new issues. The purpose of this document is to summarize those issues and so you are aware of them and are in agreement with proceeding.

2. REQUIRED EQUIPMENT

You will need a secure internet connection, web browser, and the use of a webcam or smartphone with an operational camera.

3. PRIVACY

A basic requirement for privacy in telehealth is whether the online service (in this case, Doxy.me or SimplePractice) is HIPAA compliant. HIPAA is a federal law that sets a number of requirements for privacy and confidentiality of medical services, including psychotherapy. For technical reasons, many common ways to communicate via video (e.g. Skype, Facetime) do not meet HIPAA standards. Doxy.me does meet HIPAA standards and video calls will be automatically encrypted. These sessions will not be recorded by Doxy.me. Confidentiality still applies for teletherapy services and nobody is permitted to record the session without the permission from the other person(s).

3.1 ACTIONS I WILL TAKE TO SECURE YOUR PRIVACY DURING A CALL

In my office or my home (if necessary), I will always interact with you from a private room with a closed door. If necessary I will use headphones to maintain privacy. I will not have my screen, with your face on it, visible through any window.

3.2 ACTIONS I ASK YOU TAKE TO SECURE YOUR PRIVACY DURING A CALL

If you are not alone from wherever you are calling from, then I would suggest having an agreement with whomever is present for privacy, a closed door, and no interruptions. If the above is not possible, clients have used their car as a private place. Headphones/earbuds are a great option to increase privacy. It is important to use a secure internet connection rather than public/free Wi-Fi.

4. CONNECTION ISSUES

One of the possible downsides of video calls is when there are issues with the audio or video connections. To reduce possible connection issues I ask that you

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have other internet activities closed on the browser being used except for our call. If using a phone, check its battery life ahead of time, and perhaps call with it plugged in as video calls use substantial battery life. Video calls often start with video switched off. If you have audio but not video, click or touch on the screen and look for a camera with a line through it and click on that icon to turn on the camera. If we have video but no audio despite our best efforts, then we might call each other and use that as our audio. If nothing else works, we might shut down the call and then restart it to see if that works. I have used video calls with several clients to have sessions and have not had any connection issues we were not able to figure out.

5. ADDITIONAL POINTS

I may determine that due to certain circumstances, teletherapy is no longer appropriate and that we should resume our sessions in-person. We agree to use the video-conferencing platform selected for our virtual sessions (SimplePractice or Doxy.me). For Doxy.me, enter the following address into your web browser (<https://doxy.me/mikemihalaslcsw>) to access the virtual waiting room. For SimplePractice you will receive a link in your email for your appointment. **All other items in my informed consent apply to sessions conducted by video.**

If you have questions or concerns about any issues raised in this consent or any additional issues you would like addressed, please raise those concerns with me and we can discuss them and work out a solution.

We agree to hold psychotherapy sessions via video based on the understandings laid out in this consent.

Date

Client Signature AND PRINTED NAME

Date

Parent Signature AND PRINTED NAME

Date

Therapist Signature AND PRINTED NAME