

PROFESSIONAL COUNSELING SERVICES
INFORMED CONSENT FOR PHONE OR VIDEO CHAT SESSIONS

Here are some key issues regarding phone or video chat psychotherapy sessions. The Clinicians at Professional Counseling Services do not do psychotherapy over text or email. If you have any questions, please let your Clinician know.

1. Phone or video chat sessions need to take place in the state of Illinois.
2. No method of communication is completely confidential. However, the standard for phone and video chat services is end to end encryption and to save only the metadata (who was called and how long the call lasted).
3. We are in the process of reviewing video technologies that are HIPAA compliant. Or we could use a simple phone call. Discuss with your clinician ahead of time which we will use.
4. At the time of your phone or video session, please be in a quiet place where you will not be distracted or interrupted and your session will not be overheard.
5. Potential benefits to phone or video chat sessions:
 - a. we may be able to meet at times when meeting in person may not be practical
 - b. I may be able to be more accessible to you in case of an emergency
6. Potential risks and costs to phone or video chat sessions:
 - a.. There may be less nonverbal communication then for an in-person session. b.

With any technology, there is always the risk of being inadvertently disconnected. If our call or chat session is disrupted at any time, please feel free to call back about another time to call, if the calling technology appears to be dysfunctional.

c. You will need to assume responsibility to maintain confidentiality on your end of the session. You accept responsibility to secure any phone or computer you may use for our session

d. As with any psychotherapy session, you are ultimately responsible for payment. I suggest that you check with your health care insurance policy to see whether phone or video chat sessions are covered. Please discuss this further with your Clinician as needed.

I understand the above information and I consent to using phone or video chat for psychotherapy. I understand that I can withdraw my consent to phone video chat sessions at any time.

Signature

Printed Name

Date _____