

Consent to Videoconferencing and Teletherapy  
Eastside Mental Wellness  
Gale Dhaliwal, Ph.D.

The use of videoconferencing and telephone services for therapy has been shown to be effective but also involves special considerations:

- Residency:

If you relocate or change your legal residence to a location outside of Washington or Utah, we will no longer be able to continue our work and must determine an appropriate continuity of care plan.

- Emergency:

If you are experiencing an emergency situation, you can call 911 or proceed to the nearest hospital emergency room for help. If you are having suicidal thoughts or making plans to harm yourself, you can call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) for free 24 hour hotline support.

- Technology:

You are responsible for (1) providing the necessary computer, telecommunications equipment and internet access for your teletherapy sessions and (2) the information security on your computer. You should also be aware of potential security issues with your computer. I will be using a HIPAA compliant platform, doxy.me, (unless we have technical issues with this site). I will only use a HIPAA compliant platform for teletherapy sessions.

- Location:

Please consider your location during any phone or video conferencing meetings to reduce distraction and protect your privacy. Please try to pick a location with sufficient lighting and privacy that is free from distractions or intrusions for your teletherapy session.

- Efficacy:

If the use of technology is not working well for us, please let me know. There will be times when technology fails us and we need to reschedule or resort to another means of connecting. We will need to include time to assess the use of technology during our meetings and if we are unable to resolve our issues with the technology, we will need to transition your therapy to in-office sessions or another provider or plan.

- Records:

I will continue to document and retain records of our meetings.

- Reporting Requirements:

All mandated reporting requirements regarding Child, Elder, and Dependent Abuse, as well as and Suicidal and Homicidal Risk are still in effect.

- Fees:

Phone and video sessions are sometimes not covered by insurance and I offer them fee-for-service only. I charge \$220 per 50 minute session. I can appropriately code these services on your Superbill, but be aware that your insurance may not cover them.

I have read and understand the information provided above. I have the right to discuss any of this information with my therapist and to have any questions I may have regarding my treatment answered to my satisfaction. I understand that I can withdraw my consent to Telehealth communications at any time by providing written notification. My signature below indicates that I have read this Agreement and agree to its terms.

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Signature of Client

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Date

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Signature of Dr. Dhaliwal

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Date