

### **Teletherapy Services Agreement and Informed Consent**

Your signature below indicates that you understand and agree to the following:

1. Teletherapy is a means by which you, the e-patient, can receive information, guidance and treatment from a licensed and experienced psychotherapist. It may be accurately perceived as a process of creating a trusting and collaborative relationship over time. You retain the right to determine which topics covered and the depth of consideration each receives. You may contribute or withhold any information you choose. You are under no obligation to apply information and/or opinions the therapist may contribute to our Teletherapy. It is hoped that you find our exchange useful in an effort to help improve your life but it is not possible to guarantee that. Despite the ever-increasing positive feedback from e-patients, Teletherapy is still in the process of being validated scientifically.
2. Unless we explicitly agree otherwise, our Teletherapy exchange is confidential. Any personal information you choose to share with me will be held in the strictest confidence. Just as for face-to-face patients, your information will not be released to anyone without your prior approval, or as required by law. In Colorado, notification of authorities is required if we are convinced a patient is at imminent risk of harming themselves or others; or if they are abusing, or about to abuse, children, the elderly, or the disabled.
3. You understand that our Teletherapy occurs in the state of Colorado, (USA), and is governed by the laws of that state. You use the modality to hold sessions with Judy Innes, Licensed Professional Counselor, conducted in her designated office (above).
4. Helping you with what you are seeking from therapy is the focus of our work together. We should not continue any process that is counter-productive. Either of us may terminate our relationship any time and for any reason. If we decide to terminate, it may be best to briefly share our reasons for termination for appropriate closure of our work and to potentially help others. In the event it is determined that our Teletherapy is not in your best interest (see below), it will be explained to you along with suggestions for alternative options that may be better suited to your needs.
5. While Teletherapy is a great way to get help with many of life's problems, overwhelming or potentially dangerous challenges are best met with face-to-face professional support. You understand that our Teletherapy is neither a substitute, nor the same as face-to-face psychotherapy treatment. You accept the distinctions made using Teletherapy vs. face-to-face psychotherapy. In particular, you accept that Teletherapy does not provide emergency services.
6. You are responsible for information security on your computer. If you decide to keep copies of our e-mails or communication on your computer, it's up to you to keep that information secure. You understand that there is no guarantee of the security of our electronic communication, with or without encryption. It is possible to intercept emails and hack encrypted systems. If you are concerned about this, please consider discontinuing any of our electronic communication.
7. There are no other explicit or implied commitments in our Teletherapy relationship.
8. Payment for Teletherapy will be arranged in advance of a first session through phone, text, email, postal mail, or videoconferencing.

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Judy Innes, MA, LPC

Client Name/Signature

Date