

Aspire Services Group, LLC
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Informed Consent for Telehealth

- There are potential benefits and risks of telehealth (aka video-conferencing) that differ from in-person sessions.
 - Benefits:
 - Ability to have a session remotely if you are ill or otherwise unable to attend a session in person.
 - No transportation time or costs.
 - No need to take time off work or school.
 - Risks:
 - Rapport may be more difficult to establish than with an in-person session.
 - Confidentiality on the part of the client may be difficult to maintain.
 - May have technological difficulties with the host site or with equipment used for telehealth including smartphone or computer.
- Confidentiality still applies for telepsychology services, and nobody will record the session without the permission from the others person(s).
- We agree to use the video-conferencing platform selected for our virtual sessions, and the psychologist will explain how to use it.
- You need to use a webcam or smartphone during the session.
- It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public/free Wi-Fi.
- It is important to be on time. If you need to cancel or change your tele-appointment, you must notify the psychologist in advance by phone or email.
- We need a back-up plan (e.g., phone number where you can be reached) to restart the session or to reschedule it, in the event of technical problems.
- We need a safety plan that includes at least one emergency contact and the closest emergency room to your location, in the event of a crisis situation.
- You should confirm with your insurance company that the video sessions will be reimbursed; if they are not reimbursed, you are responsible for payment of \$50 per session.
- As your psychologist, I may determine that due to certain circumstances, telepsychology is no longer appropriate and that we should resume our sessions in-person.

Client Name

Client Signature

Date

Micaela Benavidez, Psy.D., LP #37108

Date