

**Center For Positive Change, P.C.**  
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**Licensed Clinical Psychologists**

**Informed Consent for Telepsychology Services with  
Jon Cole, Ph.D or Andrew Hoffman, Psy.D..**

Telepsychology refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. This document contains important information on telepsychology. Please read it carefully and discuss any questions you may have with me. When you sign this document, you will be stating that I provided you with this information and it will represent an agreement between us. This document is an addendum to the Psychotherapy Services Agreement you previously signed and all aspects of that agreement remain in place.

**Benefits and Risks of Telepsychology**

One of the benefits is that the client and clinician can engage in services without being in the same physical location. This can be helpful in ensuring continuity of care if the client or clinician are unable to meet in person. There are some differences between in-person psychotherapy and telepsychology, as well as some risks. For example:

- Risks to confidentiality. Because telepsychology sessions take place outside of the therapist's private office, there is potential for other people to overhear sessions if you are not in a private place during the session. On my end I will take reasonable steps to ensure your privacy. But it is important for you to make sure you find a private place for our session where you will not be interrupted. It is also important for you to protect the privacy of our session on your cell phone or other device. You should participate in therapy only while in a room or area where other people are not present and cannot overhear the conversation. See the section below for more information on confidentiality.
- Issues related to technology. There are many ways that technology issues might impact telepsychology. For example, technology may stop working during a session, other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies.
- Crisis management and intervention. Usually, I will not engage in telepsychology with clients who are currently in a crisis situation requiring high levels of support and intervention. In the event of a crisis, we will develop an emergency response plan to address the best way to meet your therapeutic needs.

**Electronic Communications & Confidentiality**

We agree to use the secure video-conferencing platform I select for our virtual sessions. We both agree that nobody will record the session without the permission from the other person. I will make my best effort to protect all communications that are a part of our telepsychology. However, the nature of electronic communications technologies is such that I cannot guarantee that our communications will be kept confidential or that other people may not gain access to our communications. I will try to use secure systems to help keep your information private, but there is a risk that our electronic communications may be compromised, unsecured, or accessed by others. You should also take reasonable steps to ensure the security of our communications. For example, you should only use a secure internet or Wi-Fi connection rather than public/free Wi-Fi. The extent of confidentiality and the exceptions to confidentiality that I outlined in the Psychotherapy Agreement you previously read and signed still apply for telepsychology.

**Emergencies and Technology**

Assessing and evaluating threats and other emergencies can be more difficult when conducting telepsychology than in traditional in-person therapy. To address some of these difficulties, we will create an emergency plan when needed. If a session is interrupted for any reason, such as the technological connection fails, and you are having an emergency, do not call me back; instead, call 911 or go to your nearest emergency room. Call me back after you have called or obtained emergency services.

