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***INFORMED CONSENT FOR TELEPSYCHOLOGY***  
**(video sessions)**

This Informed Consent for Telepsychology contains important information focusing on doing psychotherapy using the Internet. Please review this information carefully and let me know if you have any questions.

*Richard Sethre, PsyD, LP*

**Benefits and Risks of Telepsychology**

Telepsychology refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of telepsychology is that we can engage in services outside of my office. Here are a few examples:

- Bad weather or a car problem prevents one of us from making it to my office.
- One of us is too ill to come to my office.
- Your schedule does not allow travel time, but does allow time for an appointment.
- If you have anxiety about driving, leaving your home, or other factors which make it difficult, or even impossible, to get to my office.
- You do not want to be seen in a mental health clinic waiting room.

Telepsychology, however, requires that both of us have the computer skills and resources to make it work. If you have questions about your comfort with your computer and the Internet or whether your computer is current enough to use telepsychology, please let me know. Basically, if you can stream video, such as Netflix or YouTube, on your home computer, it should work. We can do a test appointment to verify that it works.

There are some aspects of telepsychology that are different from in-person appointments that I want to make you aware of:

- Confidentiality concerns. Depending upon your living situation, there may be the potential for other people to overhear sessions if you are not in a private place during the session. It is important for you to make sure you find a private place for your video appointment, and that you will not be interrupted. You should be in a room that is private, where other people are not present and cannot overhear our conversation. While it would be theoretically possible for me to record your video appointment, I would never do this, and also the service that I use for these appointments, OnCall Health, does not permit recording. It is also possible, although not likely, that other people might be able to get access to our private conversation. OnCall Health has security professionals who look out for us.

OnCall Health uses an encrypted connection to reduce the risk of others somehow “hacking in” to our discussion.

- Technology concerns. There are ways that technology issues might impact telepsychology. The main concern is if one of us has a computer or connection problem during the appointment. If we lose the connection, you can call me on my cell phone or I will use the number that I have for you to contact you. If we are unable to re-establish the connection, we will either continue by phone or will end the video appointment. You will not be billed for time when there is a dropped connection.
- Safety/Crisis concerns. Usually, I will not engage in telepsychology with people who are in crisis, and who may require a high level of support and help. Before starting video appointments, I will discuss what we will need to do if you develop a crisis, such as calling someone who can be with you for support. If necessary, I may need to call for a “wellness check” by your local police- but this is very, very rare and done only if it seems that you are a danger to yourself or someone else.
- Effectiveness concerns. In other words, are video appointments less helpful than in-person ones? In fact, research on this question consistently finds that most people find it to be as helpful as in-person appointments, and some even find it to be more helpful! Very few people find it to not be helpful. If you find that it is not a good match for you, please let me know. I will let you know if I decide that telepsychology is no longer the most appropriate form of treatment for you. We will discuss options of engaging in in-person counseling or referrals to another professional in your location who can provide appropriate services.
- Equipment: You are solely responsible for any cost to you to obtain any necessary equipment, accessories, or software to take part in video appointments. .
- Documentation: I will maintain a written record of your video appointments in the same way that I maintain records of in-person appointments.

### **Fees**

Minnesota law requires that insurance companies pay the same fee telehealth services (the broad term for medical services provided using technology, such as the Internet) as for in-person services, including psychological services. Some insurance contracts may have unique requirements about how these services must be provided. I will do my best to be aware of these requirements, but if you have any questions you should contact your insurance company to verify what they require. Most companies, however, simply require that I bill for the video appointment with a different code than for an in-person appointment.

### **Informed Consent Summary**

This agreement is a supplement to my Psychological Services Informed Consent for and does not amend any of the terms of that agreement. Your signature below indicates agreement with its terms and conditions listed above.

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Patient

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Date