Informed Consent for Telehealth

California law recognizes the delivery of psychotherapy services for assessment, diagnosis, consultation and treatment through the use of information and communication technologies such as phone or video also known as telehealth. Clients must be physically located in California for this service to be provided.

The purpose of this form is to obtain your consent for telehealth sessions with a CHAC therapist. Telehealth involves the use of audio and/or video to interact with you and provide diagnosis, treatment and other psychotherapeutic services. Telehealth also involves the communication of your personal health information to other healthcare practitioners located in California.

Telehealth has many benefits including access to therapeutic services without having to travel to another place. Potential risks include:

- A face-to-face session may still be necessary after the telehealth appointment
- Despite the psychotherapists, efforts, the transmission of information could be disrupted or distorted due to technical failure
- In rare circumstances, security protocols could fail causing a breach of your privacy

The same laws that protect the confidentiality of your personal information also apply to telehealth. The information disclosed during sessions is generally confidentially. The same exceptions by law apply including but not limited to reporting child, elder or dependent adult abuse or harm to yourself or others.

CHAC is a training institution, most psychotherapists providing services are doing so under the supervision of a licensed professional as part of their education. This supervisor is available for consultation or any questions you may have.

The same laws that pertain to access to psychotherapy records apply to telehealth. Dissemination of information cannot occur without explicit consent from the client or as required by the law.

As a client, you have the right to withhold or withdraw this consent at any time without affecting your right to future care or treatment and without risking the loss or withdrawal of the benefits that you are entitled to.

This information has been provided and explained. All questions have been answered and there I agree to telehealth sessions.