

## Agreement and Consent to Receive Telehealth Services

This document will serve as an agreement between us. Please read carefully as it has important information outlining my policies and procedures as well as the risks and benefits of engaging in Telehealth services. As you read along, please don't hesitate to ask me if you have any questions or concerns regarding the following information.

California law has long recognized telehealth as a form of delivery of health care and behavioral health services which many psychotherapists are practicing in the state of California and the U.S.

In California, "Telehealth" is defined as a method to deliver health care services using information and communication technologies to facilitate the diagnosis, consultation, treatment, and care management while the patient and provider are at two different sites. This form of service is usually live videoconferencing through a personal computer with a webcam.

I, \_\_\_\_\_ (name of client), hereby consent to engaging in telehealth with Jessica Gillespie, LMFT as part of my psychotherapy. I understand that "telemedicine or telehealth" includes the practice of health care delivery, diagnosis, consultation, treatment, transfer of medical data, and education using interactive audio, video, or data communications. I understand that telehealth also involves the communication of my medical/mental information, both orally and visually, to health care practitioners located in California.

I understand that I have the following rights with respect to telehealth:

(1) I have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment or risking the loss or withdrawal of any benefits to which I would otherwise be entitled.

(2) The laws that protect the confidentiality of my medical information also apply to telehealth. As such, I understand that the information disclosed by me during the course of my therapy is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, including, but not limited to reporting child, elder, and dependent adult abuse; expressed threats of violence towards an ascertainable victim; and where I make my mental or emotional state an issue in a legal proceeding.

(3) I understand that there are risks and consequences from telehealth, including, but not limited to, the possibility, despite reasonable efforts on the part of my psychotherapist, that: the transmission of my medical information could be disrupted or distorted by technical failures; the transmission of my medical information could be interrupted by unauthorized

persons; and/or the electronic storage of my medical information could be accessed by unauthorized persons.

In addition, I understand that if I or my psychotherapist believes I would be better served by another form of psychotherapeutic services (e.g. face-to-face services) I will be referred to a psychotherapist who can provide such services in my area. Finally, I understand that there are potential risks and benefits associated with any form of psychotherapy, and that despite my efforts and the efforts of my psychotherapist, my condition may not be improve, and in some cases may even get worse.

If you have an emergency, feel suicidal or homicidal please:

1. Call 911
2. Go to the nearest Hospital Emergency Room
3. Call the Suicide Hotline 1-800-273-8255

(4) I understand that I may benefit from telemedicine, but that results cannot be guaranteed or assured.

(5) I understand that I have a right to access my medical information and copies of medical records in accordance with California law.

I have read the above Agreement and Consent to Receive Telehealth Services carefully. I understand and agree to comply with these guidelines. If I am bringing a minor for treatment, I have the legal authority to consent to the minor's treatment and hereby do so consent.

Client's Name (print)

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Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Legal Guardian's Name (print)

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Signature \_\_\_\_\_ Date \_\_\_\_\_

Jessica Gillespie, LMFT CA License# 98993