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Susan J. Bramlette, LMFT

512-356-9238

512.233.1021 FAX

susan@susanbramlette.com

Licensed Marriage and Family Therapist in Texas and Oregon

1751 River Run Ste 200 Fort Worth, TX 76107

Telehealth Informed Consent

Telebehavioral healthcare is a subset of telehealth that uses technology to provide mental health services from a distance. Treatment will be provided through phone, email, or synchronous video conferencing.

What is Telebehavioral Health?

This method of treatment may not be fitting for all client needs and must be agreed upon between the counselor and client prior to the start of treatment. Generally, those who are experiencing suicidal ideation or altered mental status are not appropriate. The counselor will regularly evaluate the appropriateness as treatment progresses. Should telebehavioral health services (TAS) not be a good fit for you, I will assist you in finding alternative counseling options.

Is Telebehavioral Health appropriate for all clients?

Telebehavioral health services increase accessibility to care, reduce travel time and cost, enable continuity of care, and reduce the stigma associated with seeking mental health treatment for individuals unable to visit a physical counseling space.

Benefits and Risks

When using technology there is always the risk of security issues, as well as technical issues (disconnection of the Internet, phone not charged, computer or software not working, etc.) If we encounter a technological failure and we get disconnected, please call me back or contact me via email to reschedule. Standard practice is to bill for fifteen-minute increments of clinical information exchange at the predetermined rate.

Privacy and Confidentiality

The laws that protect your privacy and the confidentiality of your health information also apply to telebehavioral health services. For more information about exceptions to confidentiality, please refer to my Professional Disclosure Statement.

Video Recording

No permanent video or voice recordings are kept from our telebehavioral health session. To protect your privacy and confidentiality, it is also asked that you do not record our videoconference or telephone sessions. Thank you.

Can other people join my counseling sessions?

If you would like to have an additional person join you in your session, please first discuss this with me to make arrangements for consent. Texas and Oregon law require that all participants in therapy must read and sign a Professional Disclosure Statement on confidentiality and general office practices.

Insurance Disclaimer

Some insurance companies reimburse for telebehavioral health services. If not the case with your coverage, the client self-pays for sessions at the time services are provided. Credit card information and an authorization to bill the account for services provided should be on file.

Distance Limitations

Due to licensure laws, I can only provide telebehavioral health services to clients who reside in Texas and/or Oregon State.

Contacting Your Therapist via Email

Please note that email may not be secure, so communication should be limited to scheduling questions, providing resources, and supplying any applicable insurance or payment information. Please do not bring up any therapeutic content via email to prevent compromising your confidentiality.

Continuity of Care Plan

Safety is of primary importance in any clinical setting. Due to the distance factor in technology assisted services (TAS), please provide the following contact numbers:

- **Closest hospital or preferred ER Service Provider:**

Name: _____ Phone # _____

City/County Crisis Emergency Line: _____ City: _____

Emergency Contact: Person: _____ Relationship: _____

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#1 Client Signature: _____ Date: _____

#2 Client Signature: _____ Date: _____