



## Telemental Health Therapy Policy and Informed Consent

It is my expectation that you will benefit from online therapy as all or part of your psychotherapy, but there is no guarantee. Therapy is conducted using interactive audio and video. Online-based services as care may not be appropriate for your need. If I assess that face-to-face is more appropriate, I will offer an appointment or provide referrals.

### FAQs on HIPAA and COVID-19 from the U.S. Department of Health & Human Services

<https://www.hhs.gov/hipaa/for-professionals/special-topics/hipaa-covid19/index.html>

**Confidentiality:** The information disclosed during the course of my therapy is confidential, however there are legal exceptions both mandatory, and permissible, including child, elder, and dependent adult abuse; threats of harm to self or others, or if court ordered. Therapist will take all precautions to ensure online therapy is confidential, but client is informed that transmission could possibly be disturbed or distorted by technical failures or interrupted or accessed by unauthorized persons.

**Appointments and Charges for Services:** Patients are responsible for their copayment, co-insurance, and or deductible payments while using Telemental Health Therapy.

**Limitations:** Online therapy plays a useful role in addressing mental health issues. It also has inherent limitations in not being physically present. For instance, body language is limited by this format and technical difficulties can have poor timing. Due to these limitations, this method is not recommended when in a state of crisis or when at high risk.

**Procedures should we encounter technical difficulties or disruptions in service:** It is understood that when communicating by internet or other electronic means, disruptions in service or other technical difficulties can occur from time to time. Should a disruption occur at a time of crisis, the patient agrees to immediately phone their therapist:

Dr. Diane Hovey: (651) 470-4671  
Andrea Walker: (651) 280-8653  
Carol Ladd: (651) 587-8722  
Cate Gerth: (612) 500-1069  
Charlie Bulman: (651) 358-4611  
Chris Heise: (651) 383-5035

Connie Toavs: (651) 600-9606  
Iris Heieren (651) 792-5743  
Kelly Ryan: (651) 802-0426  
Lydia Garcia: (651) 383-5033  
Shannon Himango: (651) 955-5505

### By signing this form:

1. I agree that I reside in the state of Minnesota, or border state as permitted by law/insurance
2. I am aware that a "HIPPA Notice of Privacy" is available for me to read on [www.alliance4healing.com](http://www.alliance4healing.com)
3. I agree to participate in telemental health therapy. I have read, understood and comply with the agreed upon policies. I understand that the fee agreed upon by Alliance for Healing and me is due at the time of service.

### I have received and understand the Telehealth Therapy Policy of Alliance for Healing

Patient Name (printed) \_\_\_\_\_

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