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VIRTUAL THERAPY AGREEMENT

This informed consent for teletherapy contains important information focusing on conducting psychotherapy using the phone or the Internet. Please read this carefully, and let me know if you have any questions. When you sign this document, it will represent an agreement between us.

Benefits and Risks of Teletherapy

Teletherapy refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of teletherapy is that the client and clinician can engage in services without being in the same location. Teletherapy, however, requires some technical competence on both our parts to be helpful. Although there are benefits of teletherapy, there are some differences between in-person psychotherapy and teletherapy, as well as some risks. For example:

- Risks to Confidentiality Because teletherapy sessions take place outside of the therapist's private office, there is potential for other people to overhear sessions if you are not in a private location. On my end, I will take reasonable steps to ensure your privacy. But it is important for you to make sure you find a private place for our session, ideally, where you will not be interrupted. It is also important for you to protect the privacy of our session on your cell phone or other device.
- Issues related to Technology There are many ways that technological issues might impact teletherapy. For example, technology may stop working during a session, other people may be able to gain access to our private conversation, or stored data could be accessed by unauthorized people or companies. If a video platform does not cooperate during a session after several attempts, we can decide together to continue our session over the phone, or reschedule for another date and time.

Confidentiality

I have a legal and ethical responsibility to make my best efforts to protect all communications that are a part of our teletherapy. However, the nature of electronic communications technologies is such that I cannot guarantee that our communications will be kept confidential, or that other people may not gain access to our communications. The platform that I use, Doxy.me, does not store any data, is encrypted, and is HIPAA compliant.

The extent of confidentiality and the exceptions to confidentiality are outlined in my Disclosure Statement. Please let me know if you have any questions about exceptions to confidentiality.

Fees

The same fee rates will apply for teletherapy as apply for in-person psychotherapy.

Records

The teletherapy sessions shall not be recorded in any way. I will maintain a record of our sessions in the same way I maintain records of in-person sessions in accordance with my policies.

Informed Consent

This agreement is intended as a supplement to the Disclosure Statement that we agreed to at the outset of our clinical work together. It does not amend any of the terms of that agreement. Your signature below indicates agreement with its terms and conditions.

Client

Date



Lori Bennett, LCSW

Date