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Addendum to Information, Disclosure, and Consent Statement

Telehealth Video Sessions

This document serves as an addendum to my “Information, Disclosure, and Consent” statement. This addendum addresses the use of telehealth video sessions. I use Simple Practice secure video for telehealth video sessions. If we schedule a telehealth video session, I will send you a session specific link that allows you to connect without needing to download any software.

Benefits and Risks of Telehealth Video Sessions

Telehealth refers to providing psychotherapy services remotely using telecommunications technologies, such as video. One of the benefits of telehealth sessions is that we can engage in psychotherapy services without being in the same physical location. This can be a helpful supplement to our work together in ensuring continuity of care in the event that we are unable to meet in person; for example, in the case of inclement weather. It can also be more convenient and eliminate travel time. Telehealth, however, requires technical competence on both our parts to be helpful. Although there are benefits of telehealth, there are some differences between in-person psychotherapy and telehealth, as well as some risks. For example:

- Risks to confidentiality. Because telehealth 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 place during the session. On my end, I will take reasonable steps to ensure your privacy. It is important for you to make sure you find a private place for our telehealth sessions where you will not be interrupted. It is also important for you to protect the privacy of our telehealth sessions on your cell phone or other device. You should participate in telehealth sessions only while in a room or area where other people are not present and cannot overhear the conversation.
- Issues related to technology. There are many ways that technology issues might impact telehealth sessions. For example, technology may stop working during a session, other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies.
- Crisis management and intervention. I will generally not engage in telehealth sessions with clients who are currently in a crisis situation requiring high levels of support and intervention. Before engaging in telehealth sessions, we will develop an emergency response plan to address potential crisis situations that may arise during the course of our telehealth work.
- Efficacy. Most research shows that telehealth is about as effective as in-person psychotherapy. However, some therapists believe that something is lost by not being in the same room. For example, there is debate about a therapist’s ability to fully understand non-verbal information when working remotely.

Confidentiality

The extent of confidentiality and the exceptions to confidentiality that I have outlined in my “Information, Disclosure, and Consent” and “Notice of Privacy Practices” statements still apply in telehealth sessions. Please let me know if you have any questions about exceptions to confidentiality.

Appropriateness of Telehealth Video Session

I will offer telehealth video sessions only if clinically appropriate and you are interested in and able to take that option.

Assessing and evaluating threats and other emergencies can be more difficult when conducting telehealth than in traditional in-person therapy. To address some of these difficulties, we will create an emergency plan before engaging in telehealth services. I will ask you to identify an emergency contact person who is near your location and who I will contact in the event of a crisis or emergency to assist in addressing the situation. I will ask that you sign a separate authorization form allowing me to contact your emergency contact person as needed during such a crisis or emergency.

If the session is interrupted for any reason, such as the technological connection fails, and you are having an emergency, do not call me back; instead, call 911 or go to your nearest emergency department. Call me back only after you have called or obtained emergency services.

If the session is interrupted and you are not having an emergency, disconnect from the session and I will wait two minutes and then re-contact you via the Simple Practice secure video connection. If you do not receive a call back within two minutes, please call me on my office line at 720.299.8342.

If there is a technological failure and we are unable to resume the connection, you will be charged only the prorated amount of actual session time.

Fees

The same \$160 standard session fee rate will apply for telehealth video sessions as applies for in-person psychotherapy. Please note that telehealth sessions may not be covered by your health plan. You will need to contact your insurance carrier to determine if your specific health plan covers telehealth sessions. If telehealth sessions are covered by your health plan, you will be responsible for any applicable deductibles, co-insurance, and co-payments. If your health plan does not cover telehealth sessions at the time services are rendered or your claim is denied for any reason, you are responsible for payment in full based on the standard session fee or according to the rules of your health plan. Please contact your insurance company prior to our engaging in telehealth sessions in order to determine whether these sessions will be covered.

Records

Telehealth video sessions will not be recorded in any way unless agreed to in writing by mutual consent. I will maintain a record of our telehealth sessions in the same way I maintain records of in-person sessions in accordance with my policies.

I, the undersigned, agree to the following:

Consent

I have read and been advised of my rights and responsibilities as a client. I understand and agree to all of the above information. A copy of this information has been given to me for my records.

Client (or Guardian) Signature Date

Client (or Guardian) Printed Name Date

Jennifer Ritchie-Goodline, Psy.D. Date