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Information/Informed Consent for Teletherapy Services

This Informed Consent contains important information relevant to psychotherapy in general as well as doing therapy using the phone. Please read carefully and let me know if you have questions. When you are done reading, please respond to this email with the following message:

I have read and understood “Information/Informed Consent Teletherapy Services,” and agree to receive treatment by phone.

Initial Consultation Your hour-long first session will be scheduled by email. Please provide me with the number of the clearest, most reliable, most private phone to which you have access. It’s a good idea to include alternate numbers if you have multiple phones.

I will call you at the appointed time. I use a blocked landline for sessions, so don’t expect my name or number to come up on your caller ID.

Confidentiality I take steps to ensure your privacy on my end of the conversation. But it is important for you to be aware that, depending on your location, you may be overheard depending on your location. Thus, it is important for you to make sure you choose a private place in which to do the session.

When it comes to the privacy of email or billing information, you should be aware that, though every effort is made to prevent this, there is inherent risk of unintended electronic security breaches.

There will be no written or oral communication with anyone without your express consent.

Legally, confidentiality may be broken if:

- You are in immediate danger to self or other(s).
- You or someone you know is suspected of child abuse, neglect or maltreatment.

Electronic Communication I use email to communicate if there is a need between sessions. Email communications should be limited to scheduling, billing, and the exchange of information, not for the sharing of personal issues. I will not discuss clinical matters by email, and request that you not do so either. As I do not regularly check emails, do not expect that this is an immediate way to reach me. If you need to cancel or reschedule a session, give me 24 hours’ notice.

Tech Dropped calls and bad connections happen. If a session is interrupted for any reason (dropped call, bad connection, unforeseen demand or crisis in one or the other location, **I will call you back**. If you need to tell me something (like your phone is dead and I should try an alternate number), do it by email. If there is a tech failure and we are unable to finish the session, I will prorate the fee accordingly.

Fees Are the same for phone as for in-office therapy: \$250 for Initial Consultation, 1 hour; \$200 Ongoing Therapy, 45 minutes. Fees are paid via Paypal. If you don't have an account, this is a good time to create one. I will use your email address to send you a Paypal invoice. I will also email you a printed receipt for you to submit to your insurance carrier for reimbursement. The procedure code will contain the suffix-95, which indicates that the service was teletherapy. You may want to contact your carrier to make sure they cover teletherapy services.

Records I keep a written psychotherapy record which is identical to that used in face-to-face therapy. I do not record sessions, but encourage you to do so if you like.

Crises I make every effort to avoid offering teletherapy to persons who are likely to require emergency intervention. If you should find yourself in a situation in which you require emergency care, do not expect to be able to reach me. Go to your nearest emergency room or call 911.

Consent Before your Consultation, please email the following to drdebbenstein@gmail.com:

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