

CBT Durham Telehealth Information Sheet

Due to the COVID-19 (coronavirus) pandemic and current public health guidelines, all sessions at CBT Durham are currently being conducted via telehealth.

Telehealth Options for Individual and Group Therapy

Individual sessions can be conducted via Doxy.me or Zoom Healthcare, and both are HIPAA compliant video conferencing platforms. Group sessions are all conducted via Zoom Healthcare. You will be provided with a link to click to access the platform at the time of your session. If we experience any technical difficulties with these platforms, then we can continue the session via phone. Please be aware that cell phones are not a HIPAA compliant form of communication.

Telehealth Guidelines

- There are potential benefits and risks of video conferencing (e.g. limits to patient confidentiality) that differ from in-person sessions.
- Confidentiality still applies for telepsychology services, and nobody will record the session without the permission from the others person(s).
- We agree to use the video-conferencing platform selected for our virtual sessions, and I will explain how to use it.
- You need to use a webcam or smartphone during the session.
- It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public/free Wi-Fi.
- It is important to be on time. If you need to cancel or change your tele-appointment, you must notify the psychologist in advance by phone or email.
- We need a back-up plan (e.g., phone number where you can be reached) to restart the session or to reschedule it, in the event of technical problems.
- We need a safety plan that includes at least one emergency contact and the closest emergency room to your location, in the event of a crisis situation.
- If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in telepsychology sessions.
- You should confirm with your insurance company that the video sessions will be reimbursed; if they are not reimbursed, you are responsible for full payment.
- As your psychologist, I may determine that due to certain circumstances, telepsychology is no longer appropriate and that we should resume our sessions in-person.

I have reviewed the telehealth information sheet in its entirety, have been given a chance to ask questions, and consent to receiving telehealth services.

Name

Date