

CONSENT FORM (UPDATED) - TELEPSYCHOLOGY

Telepsychology services involve the use of information and communication technology to deliver psychological services and information. While I am currently meeting clients in-person if preferred, I also meet by telephone, or through Zoom.

Privacy and confidentiality policies, laws, and professional standards that apply to regular in-office services also apply to telepsychology services. For example, as with regular in-person appointments there are exceptions to client confidentiality (e.g., serious risk of harm to yourself or another person, or to a child or senior etc.).

There are benefits as well as risks to “meeting”, virtually. A benefit is that you can continue to get support with personal difficulties even when unable to meet in person. Some may find meeting virtually easier than travelling into the office. Furthermore, research shows that these forums are as therapeutically effective as meeting in-person.

There are potential risks with any technology, such as interruptions, technical difficulties and unauthorized access. Please be advised that, along with a group of local psychologists, I purchased a Business plan for Zoom that has enhancements so that we are compliant with the privacy requirements of the College of Psychologists of Ontario, as well as legislation in Ontario called the Personal Health Information Privacy Act (PHIPA). You are protected from “zoom-bombing” in that I personally “admit” you from the “waiting room” and once you’ve entered, I “lock” the meeting, preventing anyone from accessing it, even if they somehow had the meeting ID and password – which would never be given out to anyone else. Sessions will never be recorded.

Using Zoom: Its really simple. If you opt to connect through Zoom, during the week prior to your session, I send an invitation to your email, to meet at the appointed time. (If you’ve never used Zoom before you’ll need to download the application before our meeting. You only need to do this once. After that you’ll be set for future sessions.) When it’s time for our appointment, go to that invitation email I sent you and click on “Join the Meeting”. So, just like at the office, you enter the waiting room, I admit you and then lock the door electronically. Please have your phone available for back-up, in case of technical difficulties. (To that end, I’m providing you with my personal cell number: 519-575-3407. I would ask that you use it only in case of immediate technical issues. I have regular access to my email and you could ask me to phone you if needed.)

Regarding interruptions, please find a private place to connect, so that there is no risk of sessions being overheard. I will do the same. My home office is separate from the rest of my home. As always, files are stored in a locked cabinet and my computers are encrypted and password protected.

The fee of \$220 per hour for regular in-person appointments also applies to telepsychology sessions. Payment by e-transfer is preferred. **I would ask that you please send the e-transfer ahead of your session** and I’ll process it at the time of the appointment. It’s most helpful if payment is processed on the day of the session. I’ll then email you an electronic receipt. If you prefer to pay by cheque, please mail it within one day of your appointment to my mailing address:

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In our first telepsychology session (or before that if you’d like) we’ll review this form. You’ll have an opportunity to ask any questions or discuss any concerns you may have. If you then provide verbal consent to proceed, I’ll make note of that in your file, as indicated below:

Name & Date:

Questions/Concerns?