

CONFIDENTIAL

University of Alaska Anchorage
Psychological Services Center

CONSENT FOR TELEHEALTH PSYCHOLOGY

Welcome to the Psychological Services Center (PSC) telepsychology service. This consent contains information about the transition to telepsychology. Most of what you consented to at the beginning of therapy in-person will stay the same, but a few things will change.

If you are under 18, your clinician will be sharing these same things with your caregivers to make sure they understand and agree with them before we begin. We will try our best to discuss together what information we will share with them, but if there is concern about safety, your clinician may need to talk to them without your permission.

Scheduling

Sessions will be held at your usual time through Zoom. If you need to schedule or change a session, please contact the main PSC number at 907.786.1795. We will not respond to any communication via e-mail. Please come to your scheduled session on time. If you need to cancel your session, we ask that you let us know at least 24 hours in advance.

Attending session

We will send a Zoom link to your chosen e-mail account. To attend your session, click this link at your scheduled time.

You will need a computer, tablet, or smartphone to access the website. Your device will need to have a camera built in. It's important for you to be in a quiet, private space that is free of distractions when you have your therapy session. And it is also important to use a secure internet connection rather than public Wi-Fi to protect your confidentiality. If the connection is dropped, please contact the main PSC number.

Confidentiality

Like in-person therapy, confidentiality also applies to therapy over the internet. Since we are a training clinic it is standard procedure to record sessions for supervision and educational purposes. Recordings and therapy related material are kept in a confidential, secure location until the clinician has viewed them with the supervisor. Please do not record sessions without clinician permission.

Also, just as before, there are some exceptions to confidentiality. Your clinician will be talking with their supervisor about the therapeutic process. They might also be required to share information with others if:

1. You are in danger of hurting yourself or someone else.
2. You share information about any child, disabled person, or elderly person being abused.
3. It is required as a component of judicial proceedings (court ordered).

Just as before, the PSC is not able to provide emergency services. If you have an emergency, please call 911 or go to the nearest emergency room.

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Treatment Process

As always, you have the right to treatment that fits you. If treatment is not progressing in the way you would like, please tell your clinician. We can also provide referrals to other services if we cannot provide the treatment you want. Also, therapy over the internet may not be a good fit for everyone. If it doesn't seem like it is appropriate for you, please discuss this with your clinician.

This telepsychology arrangement is a temporary solution to Corvid-19 virus. We will reassess whether telepsychology is appropriate at the end of the academic semester. When telepsychology is no longer appropriate, we will resume our sessions in-person.

If you would like to speak with the PSC director, Dr. Sasse, you can contact him at 907.786.6314.

Fees

We will continue to charge the agreed upon price for therapy. Once we resume in-person session we will collect payment. If finances are a concern, please discuss this with your clinician.