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TELETHERAPY INFORMED CONSENT FOLLOW-UP LETTER

PURPOSE: This letter is to further highlight our phone conversation and verbal consent for your therapist to provide Teletherapy services.

- Teletherapy is a form of psychotherapy via secure internet technology, which includes consultation, treatment, telephone conversations and/or education using interactive audio, video, or data communications.
- Teletherapy involves the communication of medical/mental health information, both orally and/or visually.
- Teletherapy has the same intention as face-to-face psychotherapy treatment sessions by a therapist at the Institute of Modern Recovery.

Privacy and Confidentiality:

- There are risks and consequences from teletherapy, including, but not limited to, the possibility that the transmission of information could be disrupted or distorted by technical failures.
- There is also a risk of being overheard by anyone near you if you are not in a private room while participating in teletherapy. You will be responsible for (1) providing the necessary computer/device, telecommunications equipment and internet access for the teletherapy sessions (for example, PC, tablet, smartphone with camera, microphone and speaker or telephone) and (2) arranging a location with sufficient lighting and privacy that is free from distractions or intrusions for teletherapy sessions. It is the responsibility of the therapist to do the same on their end.
- None of your sessions will be recorded.

Teletherapy does NOT provide emergency services.

- If you are experiencing an **emergency situation**, please **call 911 ask for PERT** or proceed to the nearest hospital emergency room for help.
- If you are experiencing a **mental health crisis**, you can call the **Access and Crisis Line** at **(858) 724-7240** for free 24-hour hotline support.

NOTE: Clients who are actively at risk of harm to self or others are NOT suitable for teletherapy services. If this is the case or becomes the case in future, your therapist will recommend more appropriate services such as face-to-face appointments.

We are closely monitoring the health recommendations from the State and once IMR can provide care in person we will notify you to re-instate your therapy sessions in clinic.

Regards,