

Kate MacDonald Psychology Therapy and Telehealth Consent form

Treatment Expectations

Therapy is a collaborative relationship between therapist and the client, working towards goals identified by the client. A variety of strategies, skills, or reflective experiences will be offered to you to help you reach the goal(s) determined at the start of our work together. Your input is valued in sessions; if a strategy does not fit for you or if we need to shift the focus of treatment your input will be honoured.

Privacy and Confidentiality

My goal is to protect your privacy and confidentiality. Your client file will be securely stored on the Jane practice management software and all sessions will be completed using Jane's telehealth platform which is HIPAA and PIPEDA-compliant. Under normal circumstances, you can expect that none of your personal information will be shared without written consent.

In some cases, it may be required by law to disclose information. These exceptions include:

- Disclosures of suspected child abuse or neglect or elder abuse.
- Disclosures of serious intent to harm oneself.
- Disclosures of intent to harm another person.
- If the therapist and/or client's file has been subpoenaed to court.

Telehealth Services

Sessions will begin and end on time and your therapist may contact you by telephone if you do not connect within the first 5 minutes of a scheduled session to ensure that you are not experiencing technical difficulties logging into the session.

Clients will need a webcam or smartphone, access to a secure internet connection, and a private space free of distractions during the session. Clients will be required to provide an emergency contact prior to the session, in the event of a crisis. Neither party may record a virtual session without permission from the other person.

Benefits and Risks

Most people find that therapy helps them increase their quality of life and learn new strategies for coping with stressors and mental health symptoms. There are, however, inherent risks in any treatment. You may find that you experience an increased level of stress at the start of treatment. If you are uncomfortable at any time in a session, please inform your therapist so that steps can be taken to support your well-being.



KATE MACDONALD
PSYCHOLOGY
SERVING CLIENTS VIRTUALLY IN ALBERTA

Telehealth treatment also comes with potential challenges, such as poor connection, lagging audio/video, or inability to access the session due to internet outages. If technical difficulties are encountered during a session your therapist will contact you by phone to help trouble shoot the problem.

I provide my consent to work with Kate MacDonald for psychological and counselling treatment. This consent is voluntary and I understand that I can revoke my consent at any time.

Client name: _____

Date: _____

