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INFORMED CONSENT FOR TELETHERAPY SERVICES

- There are potential benefits/risks of video sessions (e.g. limits to patient confidentiality) that differ from in-person sessions.
- Sessions will not be recorded by the therapist or client without permission.
- It is important to be in a quiet, private space that is free of distractions during the session. If you are using your cellphone, please quiet your notifications.
- 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 appointment, you must notify me in advance by phone or email.
- We will 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 ER to your location, in the event of a crisis situation.
- Please consider checking if you are situated in a good spot before your session. For example, I will not be able to see you clearly if you are sitting in front of a bright light or sunlight. If this is a couples therapy session, please make sure you are both clearly visible.

Name: _____

Signature: _____

Date: _____