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Telepractice Consent to Treatment

The purpose of this Consent for Treatment is to acquaint you with the limitations, risks and benefits of technology within a psychotherapeutic application. Further, this Consent for Treatment is an addendum to this practice's Consent for Treatment required for the practice of psychotherapy.

What is Telepractice/Telehealth?

In mental health services, telepractice/telehealth is the use of telephone and/or other video conferencing programming (hereinafter "telepractice") to conduct non-urgent communication with a client for the purpose of providing therapeutic services.

Inherent confidentiality risks of electronic communication

In spite of my best efforts to maintain your privacy, it is important for you to note that there is always an increased risk of your confidential information being intercepted when using the internet or other electronic means of communication (e.g., cell phones, email). Although there are safeguards in place to protect your personal information from unauthorized disclosure, be advised that this form of communication may not be completely confidential and there are also the possibilities of viruses, Trojans or other malicious software that may obtain your private information on your computer system and release and/or use your information without your knowledge. Additionally, there may be other risks associated with telepractice that are unknown at this time.

Potential for technology failure

Please be aware that when using technology, there is a potential for technology failure. In the event that there is difficulty with connection at the beginning of the counseling session, I will attempt to contact you at your main phone number (on file) with further instructions. b) In the event that the communication is dropped, I will attempt to reconnect with you in the original form of established communication. If that form of communication is unsuccessful, I will contact you at your main phone number (on file) with further instructions.

Manner of identifying the client

When initiating a telepractice session that does not include video, I will ensure your confidentiality and protection by identifying you as the client; asking for demographic information or other

pertinent information. At the beginning of each session I will verify and confirm your identity as well as your physical location at the time of the telepractice counseling session. Please note that I am currently only licensed in the state of Arizona and will only be able to provide therapeutic services while you are physically located in the state of Arizona.

Emergency procedures

Please be advised that telepractice should not be used in the event of an emergency or crisis situation. Telepractice will only be used for non-emergent, non-urgent or noncritical scheduled counseling sessions. It is important that you understand that telepractice counseling is not to be used if you are experiencing a crisis or having suicidal or homicidal thoughts. ***If a life-threatening crisis should occur, you agree to call 911 or go to a hospital emergency room.***

Other things to consider

Things that may come up while using telepractice therapy:

- Most insurances will cover a synchronous video session the same as a face-to-face therapy session, especially since the coronavirus pandemic. You should confirm your policy-specific telehealth benefits with your insurance provider.
- Telepractice will only be used for scheduled therapy sessions.
- You cannot use telepractice as a method to contact me in the case of emergency. In case of an emergency, please call 911, your local crisis line - (602) 222-9444, or go to the emergency room.
- You are responsible for privacy on your end and are highly advised to be aware of your surroundings when using telepractice. This means that you must ensure a safe and confidential location when using telepractice.
- In the case of any form of telepractice (phone or video), Kaleidoscope Wellness PLLC cannot guarantee nor ensure complete confidentiality.
- You will not hold Kaleidoscope Wellness PLLC or Lindsey Burns, MS LPC NCC responsible for any technical issues or other issues beyond our control resulting in a breach of confidentiality.
- You understand that I reserve the right to terminate the utilization of telepractice counseling if I deem that the method is not appropriate for the type of treatment that is needed.
- I use Doxy.me for secure, HIPAA-compliant telepractice and ask that you read the rules and limitations for your knowledge.
- You must be physically located in the state of Arizona when receiving telepractice counseling.

Please be advised that by engaging in telepractice counseling, you are doing so with the full understanding that this modality of therapy follows all requirements set forth by the Arizona Board of Behavioral Health Examiners (AZBBHE). In any situation that is unforeseen or external events at the client's location, or breaches in cyber encryption and firewall, confidentiality cannot be guaranteed.