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Telehealth is a mode of delivering clinical health care services via electronic communication technologies when a practitioner and patient are in two separate locations. The patient has the right to have all their questions regarding the following answered to their satisfaction.

While Telehealth has been found effective in the use of psychotherapy, there is no guarantee that it is effective for all individuals or in all instances.

Both the rights and exceptions to confidentiality outlined in the “Informed Consent and Contract for Psychotherapeutic Services” apply to Telehealth as they do with in-person psychotherapy (items 1 and 2 on page 1). As a reminder, the mandatory exceptions to confidentiality include the abuse of a child, elder, or dependent adult, being a danger to self, others, or property, and a judge’s subpoena.

Despite reasonable efforts and safeguards on the part of the therapist, the risks associated with Telehealth include the possibility that therapy sessions could be disrupted or distorted by technical failures, sessions could be accessed by unauthorized persons, and/or the electronic storage of treatment information could be accessed by unauthorized persons.

In some instances, Telehealth may not be as effective as in-person therapy. If the therapist believes in-person treatment would be more appropriate, this will be discussed with the patient in order to make arrangements or referrals. Suicidality, homicidality, active psychotic symptoms, or a mental health crisis that cannot be resolved remotely might require a higher level of care.

The fees for psychotherapeutic services agreed upon in the “Informed Consent and Contract” apply equally to Telehealth sessions (refer to item 2 on page 2).

In the case of an emergency, the therapist will make reasonable efforts to provide the patient with emergency resources. However, given that the therapist may not be able to assist remotely in an emergency situation, the patient may call 911 or proceed to the nearest hospital for immediate assistance.

Because of the risk of being overheard by persons nearby, it is the patient’s responsible to use a location that is private during Telehealth sessions.

Neither the therapist nor the patient may record a therapy session without the other’s expressed permission.

At each Telehealth session, the therapist will verify the patient’s current location. In addition, the patient will offer an emergency contact (if other than the one listed on the initial intake form) who would be contacted on behalf of the patient only in the event of a life-threatening emergency.

I have read and understood the above information, and I consent to engaging in Telehealth services with Christine Eghenian, LMFT.

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Print Patient Name

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Patient Signature

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Date