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General Informed Consent for Services

These are my conditions for treatment or evaluation. I lease appointment times from my practice. Cancellations of appointments with less than *3 full business days* notice will be charged full fee. There is a late charge of 2% per month on balances over 30 days.

Take care of all scheduling and payment issues at the beginning of each session. You are responsible for payment. I do not take insurance payments. Medicare patients may not file for reimbursements. Treatment or evaluation will end if your bills are not paid in a timely fashion.

All contacts are limited to the scheduled time, except for brief phone calls, emails or texts between sessions.

Although research has found that psychotherapy is highly effective for most people, its effectiveness is dependent upon the patient's willingness to be honest with his or her faults, and to freely discuss thoughts and feelings. Confidentiality will be maintained at all times, except in life-threatening situations, or when required by law, statute or by the court.

Some patients may require medication for their emotional distress. I will work along with your physician to offer suggestions concerning medication. However, the responsibility for medication or any organic condition lies solely with the physician.

Therapy may end at any time you wish. However, it is important that you discuss this with me. This is an important phase of treatment. I will answer any questions about my credentials and your treatment.

INFORMED CONSENT FOR TELEPSYCHOLOGY

This Informed Consent for Telepsychology contains important information focusing on doing psychotherapy using the phone or the Internet. Please read this carefully, and let me know if you have any questions. Sign this document, scan it and email it to me, or email that you read this consent and agree to it, then it will represent an agreement between us.

Benefits and Risks of Telepsychology

Telepsychology refers to providing psychotherapy services remotely using telecommunications technologies, such as video conferencing (FaceTime, SKYPE or VSee) or telephone. One of the benefits of telepsychology is that the client and clinician can engage in services without being in the same physical location. It is more convenient. You can have effective treatment in your home or office with a leading expert. Research supports the effectiveness of telepsychology showing that the main factor to effectiveness is the quality of the therapist and motivation of the patient:

- Gordon, R.M., Wang, X. & Jane Tune, J. (2019). Comparing Psychodynamic Teaching, Supervision and Psychotherapy over Video-Conferencing Technology with Chinese Students; Chapter 8, pp. 126-139, in Scharff, J. S. (Ed.). *Psychoanalysis Online 4: Teleanalytic Practice, Teaching, and Clinical Research*. Routledge.
- Gordon, R.M. & Lan, J. (2019). The Effect of Distance Training on the Development of Psychodynamic Psychotherapists. Chapter 9, pp. 143-155, in Scharff, J. S. (Ed.). *Psychoanalysis Online 4: Teleanalytic Practice, Teaching, and Clinical Research*. Routledge.
- Gordon, R.M., & Lan, J. (2017). Assessing Distance Training: How Well Does It Produce Psychoanalytic Psychotherapists? *Psychodynamic Psychiatry*, 45 (3), 329-341.
- Gordon, R.M. (2017). Assessing Distance Psychoanalytic Treatment: Perspectives of Therapist and Patient. *The American Psychoanalyst*, 51,2, 15.
- Gordon, R.M., Wang, X. and Tune, J. (2015). Comparing Psychodynamic Teaching, Supervision and Psychotherapy Over Video-Conferencing Technology with Chinese Students. *Psychodynamic Psychiatry*, 43 (4), 585-599.

Telepsychology, however, requires technical competence on both our parts. Although there are benefits of telepsychology, there are some differences between in-person psychotherapy and telepsychology, as well as some risks. For example:

- Risks to confidentiality. Because telepsychology sessions take place outside of the therapist's private office, there is potential for other people to overhear sessions if you are not in a private place during the session. I will take reasonable steps to ensure your privacy. But it is important for you to make sure you find a private place for our session where you will not be interrupted. It is also important for you to protect the privacy of our session on your cell phone or other device.
- Issues related to technology. There are many ways that technology issues might impact telepsychology. For example, technology may stop working during a session, other people might be able to get access to our private conversation or stored data could be accessed by unauthorized people or companies.
- Crisis management and intervention. Usually, I will not engage in telepsychology with clients who are currently in a crisis situation requiring high levels of support and intervention. In the case of an emergency, you might need to contact 911, see an appropriate local practitioner, or go to the hospital.

Electronic Communications

We will decide together which kind of telepsychology service to use.

For communication between sessions, only use email communication and text messaging for scheduling purposes. I cannot guarantee the confidentiality of any information communicated by email or text. Therefore, I will not discuss any clinical information by email or text and prefer that you do not either.

Confidentiality

I have a legal and ethical responsibility to make my best efforts to protect all communications that are a part of our telepsychology. However, the nature of electronic communications technologies is such that I cannot guarantee that our communications will be kept confidential or that other people may not gain access to our communications. I will try to use updated encryption methods, firewalls, and back-up systems to help keep your information private, but there is a risk that our electronic communications may be compromised, unsecured, or accessed by others. You should also take reasonable steps to ensure the security of our communications (for example, only using secure networks for telepsychology sessions and having passwords to protect the device you use for telepsychology).

Fees

The same fee rates will apply for telepsychology as apply for in-person psychotherapy. I do not accept insurance, but you may submit for insurance coverage if they allow for telepsychology with a point of service provider.

Records

I will maintain a record of our session in the same way I maintain records of in-person sessions.

Informed Consent

Your signature below indicates agreement with its terms and conditions.

Client

Date

Therapist

Date