

## **MOLLY MILGROM PSYCHOTHERAPY INFORMED CONSENT FOR SERVICES**

**SERVICES:** Molly Milgrom Psychotherapy offers 45 minute in-person sessions as well as telephone and video sessions, where appropriate, to those in the field. For those electing to have remote sessions using telecommunication technology, please approach the session as you would a professional meeting or face-to-face therapist appointment. It would be helpful for you to find a private space where you can speak freely and comfortably; preferably, no one else will be present in the room. Find a comfortable seated position in front of your device, use earphones, and secure your device prior to the call so that it is stable for the duration of the call.

**CONFIDENTIALITY:** Molly Milgrom Psychotherapy adheres to professional standards and codes of ethical conduct regarding confidentiality. The content of your session is treated confidentially by Molly Milgrom Psychotherapy and the information that you discuss will not be released to others outside of Molly Milgrom Psychotherapy without your written permission, except as required by law.

Confidentiality may be breached under the following circumstances:

- When the therapist believes that there is an imminent risk of harm to self or others;
- When there are concerns about child, elder, or vulnerable adult abuse; and
- When a person displays severe psychotic symptoms which leave her/him unable to care for himself/herself
- When the therapist receives a court order to produce records and client/counselor privilege is waived

**SECURITY OF TELECOMMUNICATION:** The security of telephone, text message, email, Vsee/Skype/Zoom, or other electronic communication platforms cannot be guaranteed and may be accessed by unauthorized parties. Recording of sessions is not permitted.

**LEGAL LIMITATIONS OF TELEHEALTH:** Local jurisdictions have their own laws and regulations regarding the practice of telehealth. Within the United States, providers are typically limited to working with residents in their jurisdiction. These laws and regulations vary widely outside of the United States. If you are living overseas and return to the United States to a geographic area outside of Virginia or Washington, DC, it may be necessary to discontinue working together. Your provider will discuss this with you in advance and identify other providers with whom you may choose to work.

**RISKS & BENEFITS:** Psychotherapy can help people develop their perspectives on problematic situations and develop alternate plans. Our focus is to strengthen individuals' natural resiliency and develop improved coping strategies. The primary risk is that talking about these situations can uncover unpleasant feelings, including sadness and anger, although this is usually transitory.

There are additional risks and benefits of telehealth. The risk of misunderstanding each other when the communication lacks visual or auditory cues is the biggest limitation. Dropped calls are frustrating and the freezing of our pictures interrupts our communication at times. Body language

can go unnoticed and the quality of the tone of voice can occasionally be disrupted. After you get used to working via telehealth, you may find that you feel more comfortable discussing intimate material and expressing your feelings, including those about me and our work, than you would in my office. You also have more privacy, as no one will see you coming or going from the office.

As your therapist, I may determine at any time that telehealth sessions are not appropriate for you, and that we should make alternate arrangements.

**EMERGENCY CONTACT:** In the event of an emergency, we request that you provide the contact information for a close relative, friend, or colleague below. This person must also be in the city in which you are currently living:

Name: \_\_\_\_\_  
Relation: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

If you will be doing telehealth sessions, please write the contact information for your nearest hospital:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_

Your embassy may be able to provide support in identifying local care resources. International support hotlines can be found at <http://www.suicide.org/international-suicide-hotlines.html>

Your signature below indicates that you have read the information in this document and agree to abide by its terms during the professional relationship with Molly Milgrom Psychotherapy.

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date