



MINDFUL THERAPIES

## Consent for Teletherapy Services

Teletherapy includes therapeutic services that are delivered via telephone, or secure video conferencing. We use a software platform that offers bank-grade security with end-to-end encryption, called LiveCare.

You have the right to confidentiality with teletherapy under the same laws that protect your medical information for in-person psychotherapy. Any information disclosed during your therapy sessions are confidential. Confidentiality is only required to be broken by law in instances where you may be at risk of harming yourself or someone else, if there is a minor or elder at risk of harm, or if there is a court subpoena for your records. Records are stored in a secure locked cabinet as they are for traditional therapy services.

In addition to standard limitations of confidentiality, teletherapy services have unique considerations and limitations in terms of confidentiality. Please consider the following:

- Any and all images in teletherapy are considered confidential and should not be stored or used in any way. No recordings of sessions are made unless there is expressed reason and consent to do so (e.g., for supervision or consultation purposes).
- There may be instances where a therapy session is interrupted due to screen distortions, poor internet signal quality, technical failures or access by unauthorized persons (e.g., the communications/ internet provider or by intentional breach of privacy).
- Confidentiality will be ensured on the therapist end via a private room for the session. The client assumes responsibility for ensuring the privacy of the space that they receive therapy in. It is recommended that clients choose an environment for receiving services that is comfortable, free from distraction and potential disruption. Clients are welcome to attend their sessions at the Mindful Therapies clinic to assist with privacy.
- Therapeutic treatments of all kinds have been found to be effective in treating a wide range of mental health concerns, though there is no guarantee that all treatments will be effective. While you may benefit from teletherapy, this benefit cannot be assured.
- Teletherapy is different from in person therapy; if you or your therapist believes that you would be better served by another form of psychotherapeutic service (such as in person treatment), you may seek or be referred to another therapist that can provide service in your region.
- In a case of emergency, your therapist will do their best to guide you through steps for a safety plan. Emergency service supports that can be accessed include:
  - o Mental Health Mobile Crisis Team (MHMCT): 902-429-8167 or 1-888-429-8167 (toll free)
  - o Attend your nearest emergency
  - o Contact your emergency contact as identified on your Mindful Therapies Basic Information Form

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Mindful Therapies

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I have read and understand the information provided above. I have the right to discuss any of this information with my therapist and to have any questions I may have regarding my treatment answered to my satisfaction. I understand that I can withdraw my consent to Telehealth communications by providing written notification to my therapist.

My signature below indicates that I have read this Agreement and agree to its terms.

\_\_\_\_\_  
Name Printed

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date