

Informed Consent for Use of New Technologies in Psychotherapy

This document serves to confirm my detailed discussion with Dr. Arredondo about the uses of new “real time” texting, instant messaging, email, video texting, videoconferencing, and other new technologies (as they may arise) in the course of my treatment. It is my clear understanding that the uses of such technologies are new and relatively unexplored means of doctor-patient communication in psychotherapy. Being such, conventional standards of practice have yet to be established for their use in this context. In particular, the issues of standards of care for boundaries, privacy, content, protection of patient information and other unforeseen issues have yet to be established. It is my clear understanding that the use of such technologies is still somewhat untested and “experimental” and I enter into their use with a full awareness of the potential risks including and beyond the aforementioned. Furthermore, it is my clear understanding that the uses of such technologies is neither required nor requested by Dr. Arredondo and he makes no claims as to safety, appropriateness, efficacy or effectiveness. Furthermore, I am responsible for raising questions or concerns about the uses of such technologies as they occur during the course of my evaluation and treatment. Discussions around the risks, usefulness or lack of usefulness of such communication technologies are encouraged by Dr. Arredondo at any time during assessment and treatment.

Signed _____

Date _____