

TAMPA THERAPY

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Skype and Teletherapy Sessions:

Per clients' requests, your therapist will conduct therapy sessions online through the videoconferencing applications, such as Skype. This will allow me to best meet your needs, especially when in-person meetings are not feasible. Potential situations where Skype sessions may be used include the following: unexpected circumstances (i.e. – traffic or running late from work) will prevent a client from arriving for an in-person session on time; being out-of-town on vacation or a business trip; family members that need to be included in sessions do not live nearby; when you may be house-bound due to medical or mental illness; or when a client presently lives too far away to commute to sessions (i.e., moved to college).

Technology Needed:

High-Speed Internet: To engage in real-time therapy sessions through Skype or FaceTime, you will need to utilize a computer with a high-speed Internet connection. Because of the slower communication speed and reduced audio-visual quality, it is not recommended that you participate in therapy via these applications using a smartphone.

Web Camera: You will need a computer with either an internal or externally attached web camera. An external camera may be purchased online or at virtually any electronics store for as little as \$5-10.

Earphones or Microphone (optional): Some clients find earbuds, external speakers, or external microphones greatly improve sound volume and quality. However, many clients find these unnecessary. It is recommended that prior to your first teletherapy session, you experiment with and without these devices to identify what works best for you.

FaceTime or Skype Application: Prior to your first teletherapy session, you should download and practice using either FaceTime or Skype. Both programs are completely free to use, although more advanced versions are available for a premium. At this time, FT is only available for Mac. However, given the choice, you will find FT provides a superior audiovisual experience. To learn about or download these applications, please visit these links: FaceTime (Mac): <http://www.apple.com/mac/facetime/> Skype (PC): <http://www.skype.com/intl/en-us/get-skype/on-your-computer/windows/> Skype (Mac): <http://www.skype.com/intl/en-us/get-skype/on-your-computer/macosx/>

Privacy and Confidentiality:

Web Security: Both FT and SK conversations are encrypted to maximize web security. However, confidentiality cannot be guaranteed when participating in therapy over the Internet via FaceTime or Skype. Like virtually any electronic media, SK or FT may not be completely secure. A system may be hacked, and any company or individual on whose server you connect to these services has the right to record and review your activity on them. Please keep this risk in mind and make informed decisions about when and where to conduct teletherapy sessions.

Personal Privacy: In deciding when and where to participate in teletherapy sessions, please consider the degree to which you will be able to ensure that other people (i.e. – other household members) will not overhear you in session. It is recommended that you use a private room with adequate soundproofing, as well as that you request that (except in an emergency) others not interrupt you for the duration of the scheduled session. Further, if others will have access to the same computer, be aware that they may access any aspects of your history on the computer that you fail to erase (i.e. – my SK or FT address). For your and your therapist's privacy, your therapist does not give permission for any teletherapy sessions to be recorded.

Limitations of Teletherapy:

Please note that teletherapy sessions have limitations (but also benefits) compared to in-person sessions. Although these technologies have come a long way, they do not allow for same degree of nonverbal communication (visual cues) as would be possible in an in-person session. Nonetheless, there is a significant and growing body of research showing teletherapy via SK or FT as highly effective. Please note that your therapist must follow laws and ethical guidelines of the State of Florida (USA), where the therapy will be considered to take place. Therefore, your therapist will not begin (but may continue with a client who has relocated or is temporarily out-of-state) work with a potential client who does not primarily reside, attend school, or work in Florida. By signing below, you acknowledge that you have read and understand this policy, that you have had an opportunity to discuss its contents with your therapist and that you are entering into therapy in agreement with this policy.

Client: _____ Date: _____ Therapist/Witness: _____ Date: _____

