



Sample Informed Consent for Video Therapy Session

Please Note: This consent is in addition to the standard consent for therapy and not intended to be exhaustive. Please use this as an example of how to modify a standard consent form to make it specific to video therapy.

Client Name: _____

Thank you for choosing [insert name of your practice]. Please read the following video therapy consent and sign below. If you have any questions, please let [insert name of therapist] know, and [insert preferred gender pronoun of therapist] will be happy to answer them.

1. I understand that I am about to engage in a video therapy session with my provider, [insert name of therapist]. This Lyra service is being provided to me free-of-charge through my employer; once I am no longer eligible for these benefits through my employer, I may be able to continue the services at an agreed upon rate with my provider.

2. I understand that the video conferencing technology will not be the same as an in-person session with a provider due to the fact that I will not be in the same room as my provider. I also understand that, in order to have the best results for this session, I should be in a quiet place with limited interruptions when I start the session.

3. I understand the potential risks to this technology, include interruptions, unauthorized access and technical difficulties. I understand that my provider or I can discontinue the video therapy session if it is felt that the videoconferencing connections are not adequate for the situation.

4. My provider agrees to inform me and obtain my consent if another person is present during the consultation, for any reason. I agree to inform my provider if there is another person present during the session or if I wish to tape the session.

5. I understand that there are alternatives to a video therapy session available, including the option of finding another Lyra provider to see in-person if available in my area.

6. I understand that I can direct questions about this video therapy session at any time to my provider or Lyra Care Team.

7. I understand that this consent will last for the duration of the relationship with my provider, including any additional video therapy sessions I may have; I can withdraw my consent for a video therapy session at any time, and Lyra will work with me to find a suitable alternative.

8. I understand that same confidentiality protections, limits to confidentiality, and rules around my records apply to a video therapy session as they would to an in-person session.

9. I agree to work with my provider to come up with a safety plan, including identifying one or two emergency contacts, in the event of a crisis situation during our sessions.

10. I understand that my provider may decide to terminate video therapy services, if they deem it inappropriate for me to continue therapy through video sessions. My provider will work with Lyra to identify another provider for in-person care.

By signing this form, I certify:

- That I have read or had this form read and/or had this form explained to me.
- That I fully understand its contents including the risks and benefits of the procedure(s).
- That I have been given opportunity to ask questions and that any questions have been answered to my satisfaction.
- That I agree to participation in a video therapy session(s) with [insert name of provider].

Client's/parent/guardian signature

Date