

Sheri G. White, Psy.D.
430 Exton Commons
Exton, Pennsylvania 19341 (610) 363-2268

This document provides information about practical issues related to your work in therapy with me using teletherapy technology. Please feel free to discuss any of the issues raised in this policy as well as any other questions that you might have concerning our working relationship.

Social Media and Telepsychology

Given the ongoing development and use of telecommunication technologies in our society and healthcare, it is important to consider the special circumstances that these technologies present to our professional relationship. Telecommunication includes, but is not limited to telephone, mobile devices, interactive videoconferencing, email, chat, text and internet.

Social Media – In an effort to maintain clear boundaries in our professional relationship, I will not accept friend or contact requests from clients. Including clients as contacts on these sites can compromise your confidentiality and our respective privacy. Please do not leave messages or wall postings to contact me as these sites are not secure and no response will result.

Email and Text Messaging – If you need to contact me between sessions, you may call my office phone (610-363-2268) and leave a message. Administrative issues, such as scheduling or changing appointments can be handled by either calling my office phone or you may email me at drsheriwhite@gmail.com. It is important to note that while my email is encrypted, email is not always a secure means of communication, particularly if you are using a public Wi-Fi network, such as a store or coffee shop. A distant third choice of communication regarding administrative matters only is via text message to my cell phone. This means of communication is not secure and any use of texting is with this understanding of the lack of security.

Teletherapy – Psychotherapy sessions may be held via videoconferencing if it is determined that this means of communication is an appropriate resource for you. While teletherapy may be considerably more convenient for you, it is important to consider the risks to your confidentiality and the legal/financial implications of using this technology. Specifically, it is important to consider:

- You will need a quiet, private space to maximize confidentiality
- It is important that you use a secure internet connection rather than a public WI-FI
- As your psychologist, I may determine that telepsychology is no longer appropriate and that we should resume in person sessions
- You will need to use a webcam or smartphone during the session
- We will need a back up plan (eg- a phone number) in the event we experience technical problems, we need to restart or reschedule an appointment

I use the telemedicine platform doxy.me which is HIPAA compliant. Just prior to the session, I will send a link to your email or mobile phone number. You will need to click

on the link. When prompted, enter your name and allow access to your camera and audio. Please note: The invitation to join the session will come from my email address; however if you prefer a text link, it will come from an unknown number but will say Dr White is inviting you to join a video conference. Also, the platform works best when using either Firefox or Google Chrome browsers.

If you prefer to use an Apple platform, such as Facetime, it is important for you to understand that Apple does not provide certification of the platform's compliance with HIPAA and the associated privacy requirements. In using the Apple platform, you are acknowledging this issue and agreeing to participate in teletherapy sessions using technology that is not considered to be HIPAA compliant.

The Pennsylvania State Board of Psychology has set the standards for the delivery of psychological services via means other than in-person face to face which includes teletherapy. Some insurance companies have approved the use of teletherapy and will reimburse for the service. It is your responsibility to determine if your insurance company will reimburse you for teletherapy. The fee for teletherapy is the same as in person sessions (\$165.00 per 45-50 minute session, \$100.00 per 25-30 minute session). It should be noted that if you do not reside in Pennsylvania, the licensure authority in your state of residence has jurisdiction over the delivery of teletherapy to you. Rules vary greatly from state to state.

Financial Arrangements

I expect clients to pay in full for each session at the time of their visit

Teletherapy Treatment Contract

Now that you have read this teletherapy policy, I ask that you sign below that you have read and understood the information contained in this document as well as the original therapy contract that you signed at the out set of our work together. Your signature indicates that you agree to enter into a professional relationship with me using teletherapy under the conditions as set in this document

I have read this document and agree to abide by it. I recognize that psychotherapy frequently brings up issues that are difficult to discuss and which may cause me discomfort to explore. Knowing this, I consent to treatment with Sheri G. White, Psy.D.

(Signature) _____ (Date)
On behalf of _____, my minor child or person entrusted to me for guardianship, I agree to the above policies and give permission for Dr. Sheri White to provide treatment for my child.

(Signatures of both parents/legal guardians) _____ (Date)