

TERRAP ANXIETY AND PHOBIA CARE

COGNITIVE AND BEHAVIORAL HEALTH ASSOCIATES

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Consent for Electronic Communications

During the course of treatment, it may be useful for us to communicate with you electronically, for example, via e-mail or text messages. The benefits of electronic communication can include:

- resolving scheduling and billing issues quickly and efficiently
- allowing your therapist to send reminders and appointment confirmations
- transmission of helpful resource material, worksheets, educational information, etc.
- access to your therapist remotely in between scheduled sessions, if you and your therapist have determined that this is clinically appropriate

We strive to provide you with convenient, timely means of communicating with us, and also make every effort to protect your privacy; however, electronic communication is never completely secure. Some potential risks of electronic communication include:

- others accessing your device in the case of loss/theft, or incidental contact at home/work
- e-mail accounts can be hacked
- text messages are stored on servers
- e-mails or text messages may be delivered to an incorrect address

My signature below indicates that I have been informed of and understand these risks and benefits of communicating electronically with TERRAP administrators and clinicians. I understand that I am not required to sign this agreement, and that I can terminate this consent at any time.

I understand that e-mail, text messaging, or any other forms of electronic communication should not be used in an emergency situation. In the case of an emergency, please call 911 or go to your nearest emergency room.

I **DO NOT** wish to allow electronic communication via (check off all that apply):

- e-mail
 text message
 other: _____

Name of Client: _____

Signature of Client or Legal Guardian: _____

Date: _____