

Informed Consent for Telehealth Creative Arts Therapy

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What is the purpose of this form?

- This form provides you with information about participating in telehealth (online) creative arts therapy. It outlines the potential benefits and risks and finally asks for your informed consent to participate.

What is Telehealth Creative Arts Therapy?

- Telehealth Arts Therapy is the use of telecommunication technologies such as real-time video conferencing, phone or email to provide creative arts therapy to clients.

What does a telehealth consultation involve?

- Your concerns and goals will be explored with your therapist through artistic or creative means such as drawing, painting, drama, writing or visual art. Your therapist may also offer suggestions or themes for you to explore.
- You may include a support person with you, as you might in a face-to-face consultation.
- You are not permitted to video or audio record the consultation, unless your creative arts therapist gives you permission to do so.

What will I need to participate in a telehealth art therapy session?

- For live video consultation you will require a computer, tablet, or smart phone with a camera and microphone and good internet connection.
- A safe and private space where you will be free from interruptions during your session. Using headphones aids confidentiality.
- Some basic art supplies such paper, pencils, textas or pastels as discussed with your therapist.

What are the potential benefits of telehealth?

- Improve access to creative arts therapy services
- Reduce your need for travel
- Reduce your exposure to infectious disease
- Potentially allow you to continue your therapeutic work and health goals

What are the potential risks of telehealth?

- Therapy may be negatively impacted by technical problems, such as delays and drop outs due to technology failures
- May not offer the same visual and sound quality for relating and creative art making
- May not feel the same as an onsite session
- May not be suitable for clients with sensory processing issues or those who are not comfortable with technology.
- May increase exposure to privacy and digital security risks (see next section)

How will my privacy be protected?

This practice is committed to complying with [ANZACATA's code of ethics](#) and the relevant government privacy acts in relation to the collection, use and disclosure of personal information. This includes consultations conducted via telehealth. The creative arts therapist must maintain confidentiality and privacy standards during sessions, and in creating, keeping and transmitting records.

While the creative arts therapist is obligated to meet standards to protect your privacy and security, telehealth therapy may increase exposure to hacking and other online risks. As with all online activities, there is no guarantee of complete privacy and security protection. However, you may decrease the risk by using a secure internet connection, meeting with the arts therapist from a private location, and only communicating using secure channels. More specific details on how to protect your privacy online can be found in the Australian Government publication [Protecting Yourself Online – What Everyone Needs to Know](#)

What does informed consent mean?

There are a few important principles related to informed consent:

- **You must be given relevant information.** Ask the creative arts therapist if you have questions about telehealth and the services offered.
- **You have the right to understand the information.** Ask the creative arts therapist for more information if you do not understand.
- **You have the right to choose.** If you do not agree to telehealth, you may decline to participate. You may agree to or decline specific activities within the session.
- **You have the right to stop using telehealth anytime.** You can change your mind about telehealth or a specific activity, even in the middle of a session.
- **You can agree or decline in writing or verbally.** You may give your consent using the form below. You may also give consent or change your mind by telling the creative arts therapist. Consent and refusal that you give verbally will be documented by the therapist.
- **You can ask about alternatives to telehealth.** If you decline or change your mind about telehealth services, your creative arts therapist will discuss any other options with you. The therapist may or may not be able to offer alternative services.

Consent form:

Please tick all that apply:

- I agree to receive creative arts therapy services via telehealth and understand that this is a formal therapy session and I need a private space for the session to be conducted
- I take full responsibility for the use of materials that I may use in the sessions
- I understand that I may agree or decline any service or part of a service at any time
- I give permission for my creative arts therapist to communicate to other health care professionals about my care if a crisis/emergency situation arises.
- I understand that I can consent or withdraw consent in writing or verbally and my therapist will note my preferences on my record.

Emergency Contacts:

If you are experiencing a crisis and need urgent support please call:

Australia Lifeline 13 11 14 or Beyond Blue 1300 22 4636

New Zealand Lifeline 0800 543 354, Suicide Crisis Helpline 0508 828 865, Samaritans 0880 726 666

Singapore: Samaritans of Singapore 1800–221 4444

Hong Kong: The Samaritans: 2896 0000, Suicide Prevention Service: 2382 0000

Client Name/Client's Guardian: Click or tap here to enter text.

Signature: _____ **Date:** Click or tap here to enter text.

Creative Arts therapist: Click or tap here to enter text. **Date:** Click or tap here to enter text.