



Tango & Co.

Therapy

Where resilience and connection grow

Informed Consent for Telehealth Services

Tango & Co. Therapy | Carrie S. Erickson, LMFT
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This consent complies with HIPAA (45 CFR §164.508), Washington State Telehealth Law (RCW 71.24.900), the Washington Health Care Information Act (RCW 70.02), and LMFT licensing standards (WAC 246-809).

Client's Full Legal Name:

Date of Birth:

Preferred Name / Pronouns:

Today's Date:

Telehealth Platform:

Session Start Date:

About Telehealth

Telehealth refers to the delivery of mental health services via secure electronic communications — including video conferencing, telephone, and secure messaging — when the client and therapist are not in the same physical location. Under Washington State law (RCW 71.24.900), licensed mental health providers may deliver services via telehealth provided that appropriate informed consent is obtained and the standard of care is maintained. All telehealth sessions with Carrie S. Erickson, LMFT are conducted via HIPAA-compliant, encrypted platforms. In-person sessions are also available and may be recommended if telehealth is determined to be clinically inappropriate for your needs.

Potential Benefits

- Easier access to care — no commute, attend from a location of your choosing.
- Greater scheduling flexibility and continuity during illness, travel, or weather.
- Reduced stigma; increased comfort for clients who prefer the privacy of their own space.
- Access to specialized LMFT care that may not be locally available.

Potential Risks & Limitations

- Technology failures: Dropped connections may interrupt a session; Carrie S. Erickson, LMFT will contact you by phone.
- Privacy risks: No electronic transmission is entirely risk-free. You are responsible for a private, secure environment.
- Reduced non-verbal cues: Telehealth may limit the therapist's ability to observe body language.
- Emergency limitations: In a crisis, Carrie S. Erickson, LMFT has a reduced ability to intervene directly.
- Jurisdiction: Services are provided under Washington State law. Notify Carrie S. Erickson, LMFT if attending from out of state.

Technology, Confidentiality & Recording

To participate in telehealth you will need a device with camera and microphone, a stable private internet connection, and a confidential location where you cannot be overheard. A platform link or app instructions will be provided before your appointment.

The same confidentiality protections that apply to in-person sessions apply to telehealth under HIPAA (45 CFR Parts 160 & 164) and RCW 70.02. Sessions will not be recorded by Carrie S. Erickson, LMFT without your separate written consent, and you agree not to record sessions without her prior written consent. Carrie S. Erickson, LMFT cannot be held responsible for confidentiality breaches resulting from your environment, device, or internet connection.

Phone sessions: You may request a telephone session in lieu of video. Standard telephone calls are not a HIPAA-compliant platform. By requesting a phone session, you acknowledge this limitation and waive the HIPAA-compliant platform requirement for that session only, which will be documented in your record.

Emergency & Crisis Protocol (Required by WAC 246-809)

Washington State LMFT licensing standards require a documented emergency protocol for telehealth clients. You may be asked to confirm your physical location at the start of each session — this is for emergency purposes only.

Call 911	Immediate risk of harm to yourself or others.
Call or Text 988	Suicide & Crisis Lifeline — available 24/7.
Call 211	Crisis Clinic (King County) — available after hours.
Contact Carrie S. Erickson, LMFT	During office hours: Mondays & Fridays, 11:00 AM – 6:00 PM.

Please provide a local emergency contact for use during telehealth sessions:

Emergency Contact Name: _____

Relationship: _____

Phone: _____

City / Address: _____

Additional Policies

Minor clients (RCW 71.34.530 & RCW 71.34.020): A parent or legal guardian must consent to telehealth services for clients under 18. A parent or guardian may not attend a minor's session without the minor's consent, consistent with the minor's confidentiality rights.

Right to discontinue: Either party may discontinue a telehealth session at any time if the connection is not adequate for the clinical situation. If telehealth is determined to be clinically inappropriate, Carrie S. Erickson, LMFT will discuss transitioning to in-person services or provide an appropriate referral.

Insurance & billing: Tango & Co. Therapy is currently out-of-network with all insurance carriers. Telehealth sessions are billed at the same rate as in-person sessions. A superbill can be provided upon request. Under RCW 48.43.735, many Washington insurers are required to cover telehealth services at parity with in-person services.

