



**MODERN THERAPIST'S
SURVIVAL GUIDE**

**SUPPLEMENTAL CONSENT
FOR TREATMENT**
For Walk & Talk and Home Visits

What additional consent do you need when you take therapy outside of the traditional office or telehealth settings?

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Non-Traditional Therapy Settings

Consent for Treatment

Your consent form should be fairly unique to you. Where you meet, how you work with your client, and what your client needs to know may be different. We have provided you with ideas and sample language to help you in constructing your own tailored consent for your practice.

Treatment Specific Consent (optional)

If you are doing a specific protocol within a home or community setting, it is important to have that also inform how you put together your consent. For example:

We will be working together in the community to complete your exposure and ritual or response prevention treatment protocol (ERP). We will co-create your hierarchy of exposures and will identify our method and location for completing many of these exposures together during our treatment sessions. When meeting for an ERP session, I may schedule more than a typical 50-minute session. You will also be asked to complete similar exposures between sessions. Please make sure to dedicate sufficient time and effort to this treatment protocol.

I will explain the rationale and logistics for this treatment. In providing your consent for this treatment, you are attesting that you understand and agree to this protocol. You can opt out of this treatment at any time and you will only face feared stimuli that you agree to.

Home-Based Therapy

We will be meeting at your home for some or all of our therapy sessions. I, as your therapist, will arrive at your home at the designated time for our appointment. We will identify a location within your home or neighborhood for our meeting. The expectation will be that you are available for our meeting and that you will take reasonable steps to assure that we will not be unintentionally interrupted and that we can maintain the level of confidentiality we have agreed upon. We can meet in your home for every session or add this therapy setting as an option during your course of treatment.

When we meet in your home, there may be other people present. If we determine it is beneficial for your treatment, we can complete a specific Release of Information form for each individual in your household or community with whom you'd like me to be able to discuss elements of your treatment. If you'd like to include any of these individuals in your treatment (i.e., conjoint, family or couples therapy), we can complete a Consent for Collateral Treatment as well. We will work together to decide who (if anyone) will be involved in your therapy.

Each element of your treatment (where we meet, who we meet with, who I'm able to talk to, etc.) is your choice and you can terminate consent for these at any time.



Clinician Safety during Home-Based Therapy Sessions

When meeting in your home for therapy sessions, there may be specific items that we need to address to ensure that I am comfortable and safe.

If at any time we identify any risks to me or to our work together, we will work to create a plan to reduce these risks. Please note that I may end the session, recommend an alternate location, or leave your home, if I am unable to remain safe.

Please list any safety concerns that you'd like me to be aware of:

Please note: you can create a written plan with your client related to managing any risk factors. For example, pets, aggressive household members, substances, drug paraphernalia, or weapons, if needed.

Sample language (optional): I am allergic to [dogs, cats, animals, perfumes, etc.]. We can create a plan for our meetings, should any of these be a concern within your home. For example, we can plan for your pet to be in another portion of the house during the entirety of my visit.

Walk and Talk Therapy

Walk-and-talk therapy is an option for clients who prefer to move and/or be outdoors, rather than sitting in a traditional office setting or meeting via video. We will meet in **[name of park, neighborhood, or trail]** or in another mutually agreed upon location. We can meet for walk-and-talk for every session or add this therapy setting as an option during our course of treatment. This form of therapy is optional and voluntary and can be discontinued at any time. If you are interested, we will assess for appropriateness and talk through the logistics of this type of treatment.

There are risks associated with any activity that happens outdoors. Hazards may include stumbling on uneven surfaces, bee stings or mosquito bites, sunburn, twisted ankle, etc. The location where we will meet is **[description of the location and any specific concerns or hazards]**.

Further, our sessions may include strenuous physical activity, so by consenting to this treatment you attest that you are medically cleared to participate in this activity and agree to take the risks related to the environment where we are meeting. You are also attesting that you will inform me if there is anything I need to know to help you keep yourself safe.

Please list here any conditions or other concerns I should be aware of before we meet in this environment:

Managing Confidentiality

When we meet outside of my therapy office, I cannot guarantee your confidentiality. At your home, in the park, or at another location in the community, other people may be present for all or part of your session. We could pass by others or someone who knows one of us may come up to us to try to start a conversation.



We will work together to try to identify paths, locations, and strategies to improve our privacy. Further, I will pay attention and may signal times for us to move, briefly pause our conversation, or take other action to try to minimize the loss of confidentiality. We will plan together for how we will manage other people in the environment during our session.

Planning for Our Sessions

Fees

When we meet in your home, there is an additional home-based therapy fee of **[\$XX]**. This fee is in addition to your regular fee for therapy. This additional fee may not be covered by your insurance plan.

Walk-and-Talk therapy is at the regular therapy session rate, but may not be covered by your insurance plan.

Location

We will confirm the location of our therapy session each week, as needed. As the weather or time changes during different parts of the year, we may need to adjust our location or scheduled meeting time. We will communicate consistently to address our planning for sessions.

If there are reasons to change location with less notice (i.e., inclement weather or a visitor to your home), we will communicate as soon as these conditions are known and will decide to reschedule or to meet either in my office or via telehealth.

Illness (including COVID-19)

If you or someone in your household becomes sick (and/or tests positive for COVID-19), please notify me as soon as possible and we can identify when it is safe to resume in-person sessions. During this time, we can meet via telehealth.

Cancellation Policy

To maintain consistency in your treatment, my recommendation is to identify and utilize back up plans rather than cancelling your sessions. My regular cancellation policy is in effect for these sessions unless we agree to another arrangement.

Consent

By signing this consent, you are attesting to the following:

- You have no medical or physical conditions that prevent you from participating in treatment as described here
- You are aware of the potential loss of confidentiality in these settings
- You are voluntary consenting to this treatment and are aware that you can remove this consent and/or terminate treatment at any time.

We will revisit this plan and consent for treatment as needed. Please contact me if you have questions or would like to update our planning for your successful treatment.

[Signatures]



Reading/References List

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