



TRIANGLE AREA PSYCHOLOGY CLINIC

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Group Paperwork for COVID Groups at TAP

Name: _____

Date of Birth: _____

Preferred pronouns: _____ she/her _____ he/him _____ they/them

Group you wish to join:

_____ Adult DBT Skills and Coping _____ Teen Resiliency _____ Parenting During COVID

Mental Health Provider's Name and contact information (if applicable):

Current physical address: _____

Phone number: _____ Ok to leave detailed voicemails? ____ Yes ____ No

Email: _____

Consent to email or text group related items (e.g., homework for a missed group, group cancellations):

_____ Yes _____ No

Other preferred contact method: _____



Name: _____

Group Treatment Consents and Waivers

Welcome! In order to better serve you, please review the following. Please acknowledge your understanding and acceptance by providing your signature at the end of the document.

Group Consent

The group psychotherapy that you receive will consist of meeting with group leaders and several group members to learn DBT skills. There are minimal risks associated with this form of psychotherapy. Potential benefits include positive changes in individual functioning. These may result in decreases in general distress or specific symptoms.

Group Expectations

We hope that you will attend each group weekly, as we have a limited number of spots available. Please do let us know if you are not planning to continue with the group! We plan to run these groups for approximately 8 weeks, or until the COVID-19 crisis settles down, or until the group says they have gotten what they need – in other words, the duration of the group is flexible! We ask that you abide by the following group expectations:

- o Maintain the confidentiality of the group and its members
- o Participate in additional individual therapy or check-ins with another mental health provider if needed
- o Actively participate in group sessions by completing any homework assigned and supporting other group members

Session Times

Group sessions are 1.5 hours (days and times for each group are posted on the TAP Clinic website). Every effort will be made to begin and end sessions on time. All sessions will be conducted via telehealth (please see the information form on telehealth later in this packet).

Group Fees

We are aware that many individuals and families are suffering financially as a result of the global pandemic. As such, we invite group participants to pay what they can while attending group. As a reference point, we typically charge \$75 per person per group for our standard adult groups, and we charge \$100 per family for our groups that include more than one family member.

Please indicate what you intend to pay for each week's group here. If you are unsure, please discuss rates with your group leader during your orientation session. _____

Limits to Confidentiality

We ask all group members to maintain the confidentiality of the group and do our best to ensure that group members abide by this request. However, TAP Clinic providers cannot guarantee that information provided in group is kept confidential by fellow group members. All statements you make in group will not be disclosed by a TAP Clinic group leader or observer without your written consent, with the following exceptions that will result in confidentiality being waived:

1. If you provide information that you are in immediate danger of harming yourself or another person, confidentiality may be broken to ensure safety of you and others (e.g., disclosure to 911 or an emergency room team). In the case of safety of others, the police and/or the person at risk of harm may also be notified if this is deemed necessary.
2. A therapist working with an adult, adolescent, or a child is required to disclose any reasonable suspicion of physical or sexual abuse being done or having been done to a minor child or a dependent person.



3. Although the courts usually hold psychotherapy records as privileged, therapists are professionally bound to comply with subpoenas given by a court of law.

Telehealth at the TAP Clinic

During the COVID-19 pandemic, group therapy will be conducted via a HIPAA compliant platform called regroupconnect.com, which utilizes Zoom technologies. It is possible due to platform technical issues or overload that your groups may be switched to a different platform. If this is the case, your group leader will notify you and provide any additional information or risks associated.

TAP Telehealth Requirements

- Your clinician will ask your current location (address) and a callback phone number in case of emergency or disconnection.
- Your clinician will need to establish a safety plan that includes at least one emergency contact and the closest ER to your location, in the event of a crisis situation.
- Your clinician will conduct your session in their private office (or a private area of their home) on secured wifi. They may need to use headphones as an additional measure of protection. It is imperative that you are also in a private area and on secure wifi. Please treat a telehealth session the same way you would an in-person session by minimizing distractions. Turn off notifications on your cell phone and close other applications that may be open on your computer.
- If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in telehealth sessions.
- If there are concerns associated with your risk to self or others that are unable to be reduced during your session, your clinician may be required to call emergency services (e.g., 911) or request that you present in-person to an ER to assess your risk. Given the current pandemic and medical climate, we realize this is not ideal and we would do everything possible to help you utilize crisis plans and reduce your risk. However, mandated reporting and risk procedures continue to be relevant and required in a telehealth session and will be followed if required.
- Additional requirements for group therapy participants:
 - Only family members who are currently participating in groups are allowed to be present during group therapy sessions. It is a violation of other group members' privacy and confidentiality to allow anyone else (including family members) to listen to any part of the session or to view your computer screen while other group members' images are visible. Please ensure that other members of your household afford you and the other group members privacy during group sessions, including remaining out of hearing distance. If you are unable to create a private space in your home for group therapy sessions, please alert your clinician immediately so we can help you problem solve.
 - Group therapy participants are strictly forbidden from taking recordings, photographs, or screen shots of group sessions or otherwise saving information related to the group therapy session. Violations of this requirement are grounds for immediate dismissal from therapy services at TAP.

Risks Associated with All Telehealth Options

Insurance Reimbursement Risks. Most insurance carriers do not reimburse for telehealth sessions in standard circumstances. Given the unprecedented nature of the COVID-19 pandemic, it is impossible for the TAP Clinic to know what may or may not be reimbursed in such exceptional circumstances. If you choose to have a telehealth session by either method, you will be responsible for payment to the TAP Clinic whether or not your insurance reimburses you (which is consistent with our standard paperwork as an out-of-network provider and predates policies put in place that are specific to the COVID pandemic).



Name: _____

Privacy and security risks. Telehealth options are potentially less private and less secure than in-office visits. Though your TAP Clinician will make every effort to maintain your privacy on our end, telehealth opens up risks that are beyond Clinic control. For example, you may be overheard by or interrupted by those with whom you live or work. We ask that you have your session in a private area with password-protected wifi as a way to minimize these risks.

-Additional privacy and confidentiality risks are associated with telehealth-based group therapy. As noted above, we expressly prohibit recording of group sessions in any way; however, we have no way to guarantee that all group participants will comply with this rule. Please be aware that by consenting to group telehealth, you acknowledge these risks.

Logistical frustrations. Telehealth options are subject to technological malfunction, such as disconnection or buffering/delay. This may or may not result in session disruption or discontinuation. Every effort will be made to continue with other telehealth methods as a back-up, but this cannot be guaranteed. You will be billed based on the full session hour, regardless of the amount of session disruption.

Additional risks associated with non-HIPAA compliant options (such as via telephone).

Certain telehealth methods such as telephone are not HIPAA compliant, meaning they do not have all of the required protections (e.g., encryption, privacy protections) in place to assure the highest level of privacy and security of any personal health information that may be shared in your session. Using such methods increases the likelihood that your session will be overheard, intercepted, or otherwise compromised. If you choose to utilize a method such as telephone, you agree to assume all the risks associated.

Your Printed Name

Your Signature

Date

Group Leader Signature