

Amyko "Amy" P. Yamamoto
(206)456-4352

Thank you for considering video therapy. I have been doing video therapy exclusively since the start of the pandemic and am getting quite used to it. I do wish to get back in person when we can be there safely and ideally without masks. I will keep you updated. Luckily, research has shown that the efficacy of video therapy is the same as traditional therapy and people do get better.

There are many pros and cons to video therapy. For me, the major con is not being able to see my clients in person and see the subtleties of body language and interpersonal connection. The pros for me personally are that I am able to provide care for more people and it has allowed me to support you through the pandemic.

I take client privacy and personal information seriously. To address this, I use Simple Practice as a platform. It is HIPPA compliant and specializes in mental health services.

Getting started:

You will receive an email reminder 48 hours prior to our session. This is a unique link and is only valid for that individual session and cannot be bookmarked.

If you are using a laptop, no additional steps are necessary. You click on the link and a window opens up. If you plan to use your phone or a tablet, you will first need to download the Simple Practice App.

Video Therapy Informed Consent:

1. I understand that I am about to engage in video therapy with Amyko P. Yamamoto.
2. I understand that the video conferencing technology will not be the same as an in-person session with a provider due to the fact that I will not be in the same room as my provider. I also understand that, in order to have the best results for this session, I should be in a quiet place with limited interruptions when I start a session.
3. I understand the potential risks to this technology, include interruptions, unauthorized access and technical difficulties. I understand that my provider or I can discontinue the video therapy session if it is felt that the videoconferencing connections are not adequate for the situation. We can continue with audio only on a telephone line. Please keep me up to date on any phone number changes or address changes. It is required that I know the address from which you are calling. My phone number is 206-456-4352 if you have problems.
4. My provider agrees to inform me and obtain my consent if another person is present during the consultation, for any reason. I agree to inform my provider if there is another person present during the session or if I wish to tape the session. I also agree to find a private and safe place to conduct sessions.
5. I understand that there are alternatives to a video therapy session available, including the option of finding another provider to see in-person.

Signature: _____

Date: _____

Printed name: _____

Therapist's Signature: _____
Amyko Yamamoto LICSW

Date: _____