

Amyko "Amy" P. Yamamoto
1817 Queen Anne Ave #407
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(206)456-4352

Thank you for considering video therapy. It is likely that you will be more comfortable than I am with the idea of video therapy, but even I have come around. 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 I find it is more convenient for my clients. If requested and if possible, I will try and have some in person sessions at my office.

I also worry about client privacy of personal information. To address this, I use doxy.me as our platform for communicating. doxy.me requires either GOOGLE CHROME or FIREFOX. If you are going to be using a tablet or phone, you will need to the app for Doxy.

Getting started:

You need to set up an account at doxy.me or on the app ahead of time.

The name of my room is
<http://doxy.me/amyyamamotolicsw>

You can also access this from my website, www.amyyamamotolicsw.com, under the contact tab.

Enter the meeting room and I will start the chat at the time of our session. Try and secure a quiet, well lighted and private area to talk. I understand that things happen and the possibility for distraction is higher when we are at home. I also understand the reality of spotty internet and buffering.

If we get cut off or interrupted, I will call you back.
If necessary, we can continue through phone. My phone number is 206-456-4352.

Another logistical issue is that I sometimes provide handouts and homework that I ask for you to think about between sessions. Lyra Health also requires monthly assessments to be submitted.

Are you able to scan paperwork and print as needed?

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.
4. My provider agrees to inform me and obtain m 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.
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: _____