

**DEPARTMENT OF HEALTH
HEALTH SYSTEMS AND PREPAREDNESS ADMINISTRATION**

BOARD OF PROFESSIONAL COUNSELING
AUTHORITY FOR GUIDANCE

March 13, 2025
DATE OF POLICY

25-02
POLICY NO.

POLICY STATEMENT

GUIDANCE ON TELETHERAPY

This policy statement is issued to provide guidance on professional counseling teletherapy and marriage and family teletherapy until such time as the laws and regulations are promulgated to address this matter.

This policy updates Policy No. 13-001 to include professional counseling and reflect that marriage and family therapy is now regulated by the Board of Professional Counseling.

The Board of Professional Counseling (“Board”) understands that clients and licensees are interested in receiving and providing professional counseling and marriage and family therapy services via telecommunication technology. While telehealth is authorized under the Health Occupations Revision Act, regulations governing professional counseling teletherapy and marriage and family teletherapy are still under review before the Board. Accordingly, until such time as regulations regarding this matter become final, the Board offers the following guidance for practitioners providing or intending to provide professional counseling or marriage and family therapy services via telecommunication:

- A licensee providing or intending to provide teletherapy to a resident of another jurisdiction where the licensee is not licensed should contact the regulators in that jurisdiction to ascertain and comply with the legal requirements of the jurisdiction.
- A licensee providing or intending to provide teletherapy to a District resident should ensure that they comply with applicable federal and state laws governing confidentiality and privacy, such as the Health Insurance Portability and Accountability Act of 1996 (HIPAA) privacy and security rules. Accordingly, the practitioner should only use a telecommunication system, program, or means that is known to be sufficiently secure to protect the client’s privacy and confidentiality.
- A licensee providing or intending to provide teletherapy to or involving a minor should observe all applicable ethical rules and safeguards to protect the minor’s rights, welfare, safety, and privacy.
- The Board **strongly recommends** licensees take Continuing Education courses in telehealth before providing teletherapy.