

# Guidelines for the Practice of Telepsychology

## 遠距心理服務實務工作準則

Joint Task Force for the Development of Telepsychology Guidelines for  
Psychologists

心理師發展遠距心理服務聯合任務小組

摘錄自 <https://www.apa.org/pubs/journals/features/amp-a0035001.pdf>

American Psychological Association (2013). Guidelines for the Practice of  
Telepsychology, *American Psychologist*, 68(9), 791– 800 DOI:  
10.1037/a0035001

### **Competence of the Psychologist 心理師的勝任力**

Guideline 1. Psychologists who provide telepsychology services strive to take reasonable steps to ensure their competence with both the technologies used and the potential impact of the technologies on clients/patients, supervisees, or other professionals.

準則一：提供遠距心理服務的心理師應致力於採取合理步驟以確保自己有能力使用科技，與處理科技對於當事人/病患、受督者以及其他專業人士可能帶來的影響。

### **Standards of Care in the Delivery of Telepsychology Services**

#### **提供遠距心理服務的照護標準**

Guideline 2. Psychologists make every effort to ensure that ethical and professional standards of care and practice are met at the outset and throughout the duration of the telepsychology services they provide.

準則二：心理師盡力確保他們所提供的遠距心理服務從一開始到整個服務期間皆符合專業倫理與照護標準

### **Informed Consent 知情同意**

Guideline 3. Psychologists strive to obtain and document informed consent that specifically addresses the unique concerns related to the telepsychology services they provide. When doing so, psychologists are cognizant of the applicable laws and regulations, as well as organizational requirements, that govern informed consent in this area.

準則三：心理師針對他們所提供遠距心理服務，致力取得知情同意並加以記錄。同時心理師也需要了解與此知情同意法律生效地之相關法律與規範、組織規定。

### **Confidentiality of Data and Information 資料與訊息的保密性**

Guideline 4. Psychologists who provide telepsychology services make reasonable efforts to protect and maintain the confidentiality of the data and information relating to their clients/patients and inform them of the potentially increased risks of loss of confidentiality inherent in the use of the telecommunication technologies, if any.

準則四：採用遠距心理服務的心理師採取合理措施來保護與維護其當事人/病患資料與訊息的保密性，並告知他們如果使用遠距溝通這類的科技方式可能增加失去保密性的潛在風險。

### **Security and Transmission of Data and Information 傳輸資料與訊息之安全**

Guideline 5. Psychologists who provide telepsychology services take reasonable steps to ensure that security measures are in place to protect data and information related to their clients/patients from unintended access or disclosure.

準則五：提供遠距心理服務的心理師採取合理的步驟以確保有安全措施來保護當事人/病患的資料與訊息，以防這些資料或訊息被意外取得或洩露。

### **Disposal of Data and Information and Technologies 資料與訊息銷毀與科技**

Guideline 6. Psychologists who provide telepsychology services make reasonable efforts to dispose of data and information and the technologies used in a manner that facilitates protection from unauthorized access and accounts for safe and appropriate disposal.

準則六：提供遠距心理服務的心理師採取合理措施來處理經由科技技術所累積的資料與訊息，以防未經授權之存取與帳戶登入，而能安全與適切的銷毀資料。

### **Testing and Assessment 測驗與評估**

Guideline 7. Psychologists are encouraged to consider the unique issues that may arise with test instruments and assessment approaches designed for in-person implementation when providing telepsychology services.

準則七：心理師需考量在遠距心理服務過程使用那些原設計為面對面施測之測驗工具與心理評估方式時，可能引發的獨特議題。

### **Interjurisdictional Practice 跨域實務工作**

Guideline 8. Psychologists are encouraged to be familiar with and comply with all relevant laws and regulations when providing telepsychology services to clients/

patients across jurisdictional and international borders.

準則八：當心理師提供遠距心理服務時，須對於當事人/病患所在之司法管轄區與其國際界線內之所有相關法律與規範皆應熟悉。