



Melissa Hofstetter, PhD, MDiv  
Clinical Psychologist  
Ariz. #4125, Calif. #PSY25696  
PsyPact Interjurisdictional Telehealth Provider #4880

16 S. Oakland Avenue  
Suite 216  
Pasadena, CA 91101  
(626) 437-3866

<http://www.drhofstettertherapy.com>

### **Information about Interjurisdictional Psychotherapy via Telehealth with Dr. Hofstetter**

In 2020, the field of clinical psychology in America introduced an interstate compact (PsyPact) allowing for psychological treatment across state lines among participating states. Therefore, a patient in Pennsylvania, e.g., may be in treatment with a PsyPact psychologist authorized for interjurisdictional telehealth who practices from, e.g., Arizona. The states where PsyPact is both enabled & effective can be found on the [PsyPact map](#). In order to participate in telehealth with Dr. Hofstetter, you must be in one of the states where PsyPact is already effective. Dr. Hofstetter's participating PsyPact state is Arizona.

Interstate Telehealth increases accessibility of psychological services. Yet, for some, psychotherapy through interstate telehealth may not be the best fit. In this mode of therapy, Dr. Hofstetter usually provides treatment plans addressing a specific difficulty or struggle, and often the course of treatment is short-term and solution-focused, instead long-term and open-ended. *Also, be aware that services may not be reimbursable by your insurance, so be sure to discuss your needs with Dr. Hofstetter ahead of time.* It may be that more local, or in-person, treatment is best for you, in which case Dr. Hofstetter generally makes referrals appropriate to your needs and situation. This will be part of your initial consultation with Dr. Hofstetter, who will make an on-going assessment of your interjurisdictional telehealth and its appropriateness for you.

**I have read & understood the above, as indicated by my signature below:**

**Date:** \_\_\_\_\_