

## **Electronic Therapy - from the MN Board of MFT**

By Jennifer Mohlenhoff, Executive Director BMFT.

The statutes and rules governing the Board of Marriage and Family Therapy and the practice of Marriage and Family Therapy in Minnesota do not prohibit electronic therapy, nor expressly authorize its use. The Board is aware that electronic therapy is occurring within the state. At a minimum, all licensees must conduct therapy in accordance with the rules of ethical conduct (Minnesota Rule 5300.0350).

It is the therapist's responsibility to ensure that issues of client confidentiality, informed consent, and all other ethical requirements are adequately addressed, regardless of the medium by which therapy is conducted. The therapist and client must be aware that the LMFT license authorizes practice within Minnesota; practice in other jurisdictions, absent licensure, is not authorized. Occasional electronic therapy with an individual who is a resident of Minnesota, but present temporarily in another jurisdiction, likely does not raise questions regarding licensure. Similarly, having a person participate in a therapy session where the client is a Minnesota resident, but the participant resides in another jurisdiction, likely also does not raise questions.

However, the Board does recommend anyone engaging in electronic therapy be familiar with the laws governing such therapy in the jurisdictions where *all* parties to the therapy are located; so a review of law in relevant jurisdictions would be prudent. Consistent therapy with an individual who is not a Minnesota resident and is located outside of Minnesota can raise concerns regarding practice without a license. Finally, a licensee may wish to review the AAMFT code of ethics as it contains specific provisions regarding electronic therapy, and also consult with his or her business liability provider to ensure coverage would extend to such therapy.

Statutes, rules and other information can be found on the Board's website at [www.bmft.state.mn.us](http://www.bmft.state.mn.us).