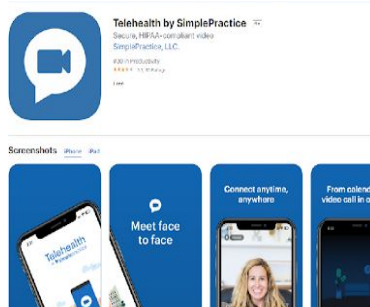


TELEHEALTH INSTRUCTIONS

Simple Practice – the link automatically sends via email - If using a mobile phone please download the telehealth app otherwise simply click on link in email reminder from desktop.



APPLE STORE



GOOGLE PLAY

To make ALL Appointments via online or in person

<https://theconvospot-shawn.clientsecure.me>

ALTERNATIVES IF WE HAVE TECHNICAL DIFFICULTIES

ZOOM

Invite Link will be sent out via email or text depending on reminder preference set up in simple practice

GOOGLE MEET

Invite Link will be sent out via email or text depending on reminder preference set up in simple practice

What is Teletherapy Healthcare?

Teletherapy here includes the practice of diagnosis, treatment, education, goal setting, accountability, referral to resources, problem solving, skills training, and help with decision making through the use of internet-based videoconferencing. Telehealth psychotherapy may include psychological health care delivery, consultation, coaching, and/or counseling. Telehealth psychotherapy will occur primarily through interactive audio, video, and telephone communications.

Risks of Teletherapy

1. Technological failure, such as unclear video, loss of sound, poor connection, or loss of connection.
2. Nonverbal cues are less readily available to both the therapist and the client.

Benefits of Teletherapy

1. Less limitations by geographical location.
2. Reduction of travel to a physical office, which includes decrease in travel time.
3. Participation in therapy from your own home or the environment of your choosing.

Emergency protocol

Teletherapy does not provide emergency services. If you are experiencing an emergency situation, call 911 or proceed to the nearest hospital emergency room for help, or contact your psychiatrist. If you are having suicidal thoughts, contact the National Suicide Prevention Lifeline at: 1-800-273-8255.