

Private Counseling

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TELEMENTAL HEALTH -- ONLINE THERAPY

Which modality for psychotherapy sessions is best for you?

1. Do you have an Internet connection? Yes No
2. Do you have a computer, tablet, or phone with Video/Audio capabilities? Yes No
3. Do you have a Skype ID (or willing to create one)? Yes No
4. Which types of technology do you have experience with:
 - a. Email Yes No
 - b. Instant Message/Chat Yes No
 - c. Blogs Yes No
 - d. Payment for services online Yes No
5. Would you prefer in-person face-to-face therapy sessions or telemental health therapy sessions via Skype? _____
6. Ready to schedule a therapy session? Click "Contact" @ www.PrivateCounselingGA.com

ADVANTAGES of TELEMENTAL HEALTH

-) No need to incur transportation or parking costs for therapy sessions
-) Time management and time savings
-) Convenience and flexibility of location
-) Easy to schedule
-) Prepay for sessions online
-) Quality psychotherapy

DISADVANTAGES of TELEMENTAL HEALTH

-) Limitations of confidentiality via technology
-) Potential technology difficulties
-) Client comfort and ease of technology usage
-) Lack of visual and/or auditory cues (depending on the type of modality)
-) Insurance companies may not approve payment for telemental health services