

Private Counseling

Bree Winkler, LPC, Ed.S., CAMS-II
5950 Crooked Creek Road
Suite150-C
Peachtree Corners, GA 30092
PrivateCounselingGA@yahoo.com
470-336-2884
www.PrivateCounselingGA.com

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: a) in-person face-to-face therapy sessions
b) telemental health therapy sessions via Skype?
6. **Telemental Health consent to therapy:**
 - a. I verify I am a GA resident. Initial _____
 - b. I have completed the Telemental Health consent form. Initial _____
 - c. My Skype ID is: _____

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

Client Name: _____ Client Signature: _____ Date: _____

Ready to schedule a therapy session? Click "Contact" @ www.PrivateCounselingGA.com