

## Private Counseling

*Bree Winkler LPC*

5950 Crooked Creek Road, Suite 150-C

Peachtree Corners, GA 30092

Bree Winkler, LPC, Ed.S.

breewinklerLPC@yahoo.com

678-463-0884

[www.PrivateCounselingGA.com](http://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 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](http://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