

WHAT IS TELEHEALTH

AND HOW TO GET STARTED

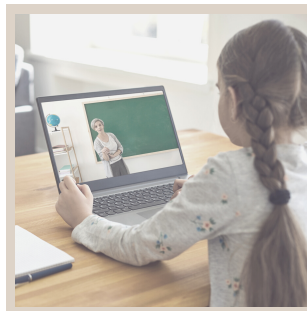
WHAT IS TELEHEALTH?

Telehealth refers to the delivery of mental health care and therapeutic services over the internet through telecommunications.

TELEHEALTH IS A GROWING SERVICE

Telehealth uses video conferencing technologies to offer and facilitate health and health-related services such as mental health care, information services, and provider and patient education.

Telehealth is quickly expanding and has the potential to change the way millions of people receive health care. Telehealth technologies, tools, and services are quickly becoming a critical part of the healthcare system.



TIPS FOR A GREAT TELEHEALTH EXPERIENCE

1. BE PREPARED

Before the first session it can be helpful and reassuring to take some essential steps to ensure it is a positive and successful experience. Test your device, make sure that it is charged, and the camera and microphone are working. Log in to the telehealth platform at least 10 minutes prior to the session commencing to familiarise yourself with the software. It can also be helpful to think about what you would like to discuss during our session just as you would for an in-person appointment.



2. INTERNET CONNECTION

A good quality internet connection means that the session won't be interrupted. To help improve your internet connection and network speed, close down all other applications on whatever device you are using. This will also prevent you from being distracted by any notifications, messages, or pop-ups during the session. You also want to ensure that whatever device you are using is sufficiently charged or that you are connected to your charger. Always have a backup plan in case you get disconnected.

3. PRIVACY

This is one of the most important considerations for online sessions. Find a comfortable, quiet space where you won't be worried about being overheard or interrupted.

Some clients prefer using headphones, with or without a microphone. Some have a white noise machine they can place outside the door. If these options are not available to you, some clients will sit in their car (while safely parked) or at a park in order to have privacy from their family.

5 TOP TIPS FOR VIDEO SESSIONS

4. COMFORT

Whenever possible, find a comfortable physical space to allow your body to focus and relax. This in turn will help your mind and heart feel more open to sharing how you are feeling. Developing a trusting relationship with your therapist is one of the factors that will affect how helpful you find the session.

5. RITUALS

Creating a ritual allows your body and mind to know that you are 'in a session even if you are not in an office. Think about the steps you would take to go to a physical space: travel there, check in with the front desk, wait in the waiting room, and go into the office. All these are cues to get ready for what is going to happen next. Some clients like to get a cup of tea or coffee, have a notebook and a pen, and do a little journaling or meditation before a session. Some clients have told me that they literally walk out their door and back in again to help mentally prepare themselves for 'going to counseling'.

THE BENEFITS OF TELEHEALTH

There is a large variety of telehealth services available for healthcare providers to use. The purpose of Telehealth services is to connect patients to the right kind of care.

Telehealth is new to many people, but once you get comfortable with the idea and realise that you can create a connection online, you will find that online sessions are just as effective as in-person sessions.

If you enjoyed this article, have any questions, want clarification, or just want to connect, please reach out via email, or Facebook messenger and Integrative Psychology Associates can provide more information.

