

Tele-Therapy

Who is Tele-therapy For?

This form of therapy is convenient for those who have difficulty travelling to appointments either because of distance / remoteness, mobility problems, anxiety issues which prevent you leaving your home, people with childcare commitments or simply those with a busy work and travel schedule.

What Issues Are Suited to Tele-therapy?

Common psychological issues such as depression, worry, anxiety (including agoraphobia), stress, grief, life direction issues, pain management, and anger management are all suitable for tele-therapy.

What Issues are Not Suited to Tele-therapy?

Online therapies are not suitable if your life is in danger through self-harming behaviors, harm to others, serious psychiatric disorders, or where there are concerns about the wellbeing of a child under the age of 16-years.

Due to some differences in laws and regulations pertaining to the practice of Clinical Psychology between countries, tele-therapy services are currently only available to those residing in New Zealand.

What You Need to Start Tele-therapy?

You will need a computer with a camera and audio capacity. Internet broadband, or a strong and reliable internet connection, is essential. You need to create a Skype account or be able to link to ZOOM, and you will need an email address and access to Internet Banking for payments. For more information on how to use Skype, please click here (www.skype.com).

It is also essential that you have a private space where you will not be disturbed for the duration of your 50-minute online therapy consultation.

Once you have made a tele-therapy appointment, you will receive an email from me with clear instructions on how to access your online appointment using Skype or ZOOM, as well as payment instructions.

If you think tele-therapy might be right for you, contact me today and I will endeavor to answer any questions you might have and help determine if your issues are appropriate for online therapy.

Session Fees:

Each online therapy session is up to 50-minutes in duration and is to be prepaid at the time of booking your appointment. Follow on sessions are to be paid in advance, before your session.

What Do You Do Next?

If you want to book your initial Tele-therapy consultation, please contact me on **021 173 8212** or by email at jan.prosser@psychologyworx.co.nz.

