

# TELEHEALTH

Official teletherapy guide for clients



## *The Virtual Movement*

### HOW TELETHERAPY IS CHANGING HEALTHCARE

Teletherapy, the act of providing therapy through a live video connection online, is undoubtedly changing the landscape of the mental health profession by offering counselors the ability to virtually provide the same in-person services to clients from afar. Clearwater Counseling, PC is proud to offer these services to our clients across the state of Nebraska.

Telehealth, which is an audio and visual service in one, requires no software or application download. An email address is required, and it's important to use an account that can be accessed often and easily. Clients can access this service via a computer/laptop, mobile device or tablet. Telehealth is also completely HIPAA Compliant. Insurance companies are covering telehealth services, and some are also covering session co-pays, as well. As always, it is best to contact your insurance company directly to determine your accurate coverage.

To utilize this virtual experience, please ask one of our therapists for the Telehealth Consent to Treatment Form, which can be signed at anytime and kept on file.

**CLEARWATER  
COUNSELING, PC**



*To schedule a telehealth  
appointment, contact us at the  
information provided below:*

(308) 210-8487  
info@clearwatercounselingne.org

# *The Benefits of Virtual Therapy*

## CONVENIENCE, SAFETY/HEALTH, PRIVACY

While some may wonder what all the hype is about, we can assure you that there are a number of benefits to keep in mind when considering teletherapy.

For starters, teletherapy offers convenience and flexibility. These services are available to clients in the comfort of their own home, office or remote location. Those who dread sitting in traffic or waiting in therapy offices can now feel at ease in a comfortable setting of their choice.

Privacy is yet another focal point clients might look at when contemplating these services, as teletherapy eliminates the chance of running into people you may know at the therapy office.

Additionally, one factor that might be overlooked is the instance of illness. Even when clients are fighting a flu or virus that may be extremely contagious, teletherapy

allows them to receive the mental health services they need without putting the health of others at risk. Virtual therapy is also a great option for those who want to take extra precautions to not get sick.

It's also been noted that communication between client and therapist is often made easier through teletherapy, as there is no middleman, so to speak, which can ease relations and improve the overall experience.

Possibly one of the greatest perks to teletherapy services is the access it offers for remote patients and disabled populations. This tool can literally be used to reach anyone without any hassle.

No matter what the reasoning is, teletherapy is a popular option for many clients who are seeking mental health services. Clearwater Counseling, PC is proud to provide these unique services in order to accommodate both new and existing clients. We believe that all individuals deserve access to quality mental health care and teletherapy has aided this effort.



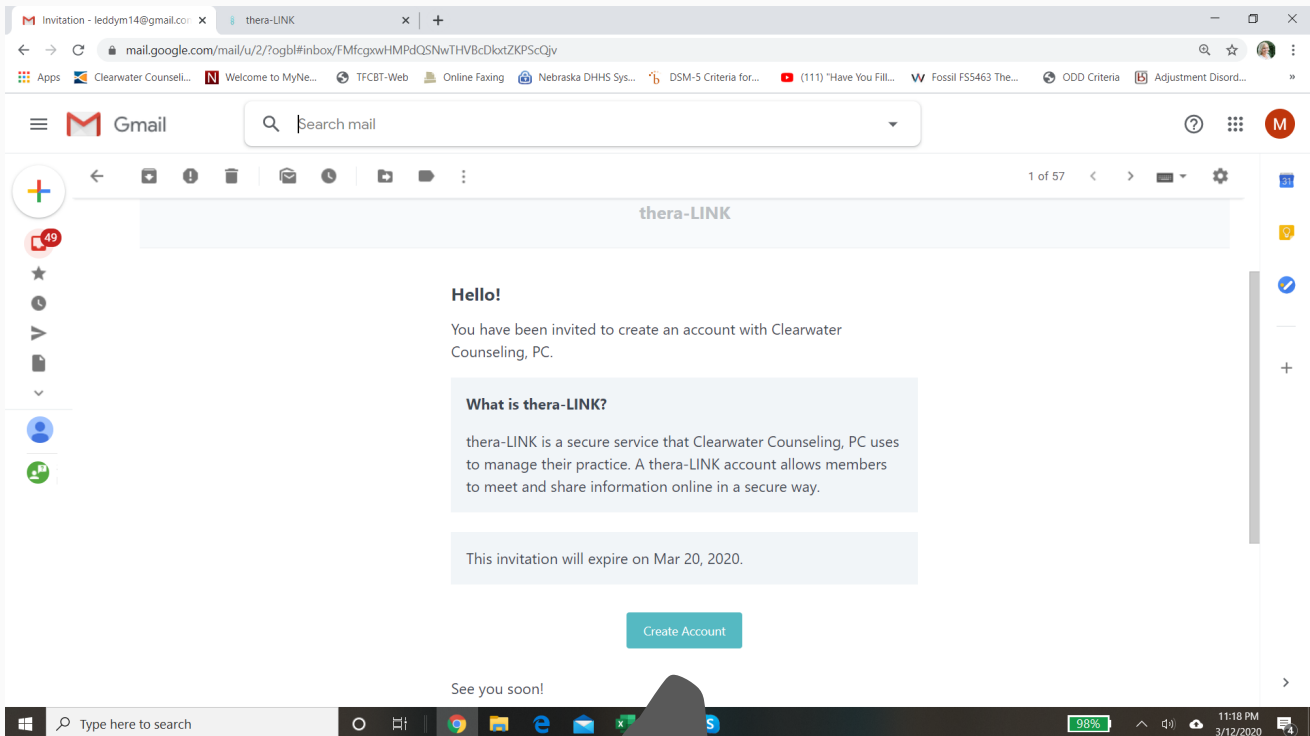
*Therapy in the comfort of  
your own home, office or  
remote location*

# Telehealth Step by Step Guide

FOLLOW THESE STEPS TO BEGIN YOUR JOURNEY

## Step 1:

You will receive an email invitation from thera-LINK to set up an account (Be sure to check your spam/junk folder). The invitation expires in 7 days, so make sure you click on "Create Account" when you receive the email.

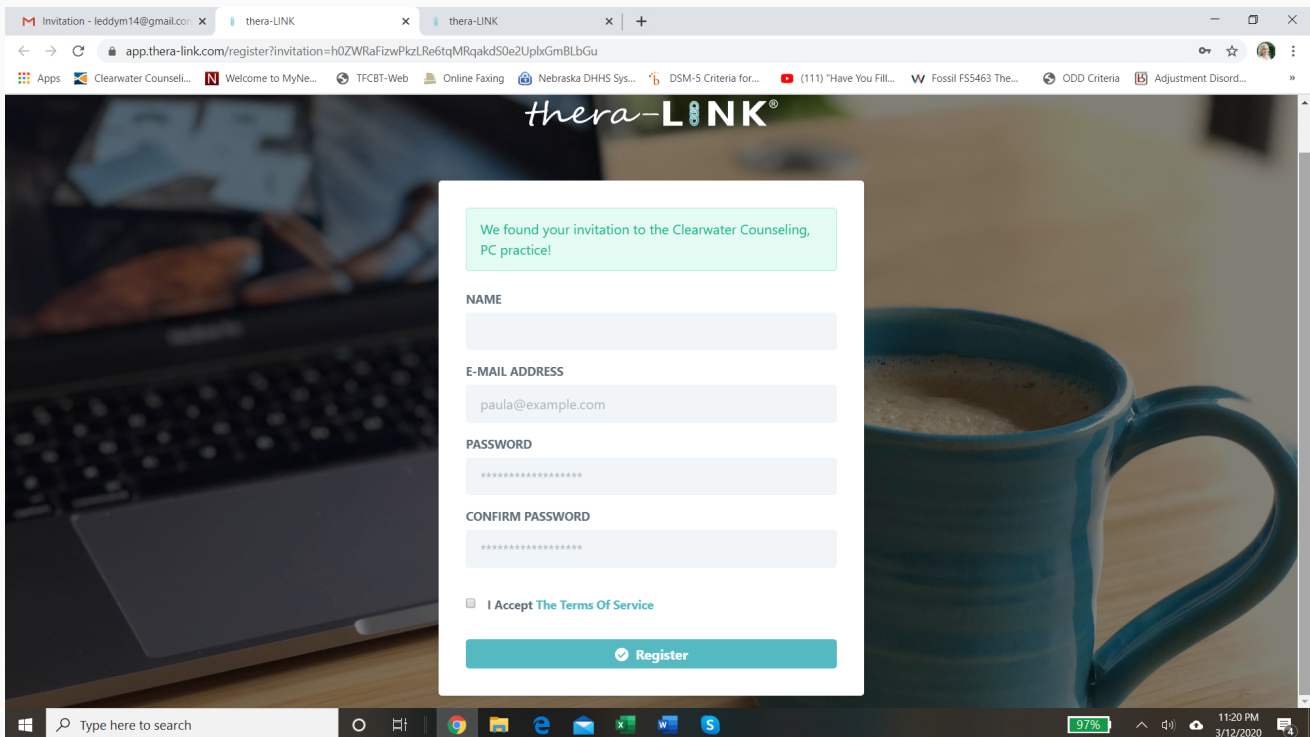


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## Step 2:

Create your account! Therapists do not have access to your password or log-in information. Please make sure you use your legal name (or the name your therapist knows you by) so appointments can be created for you.

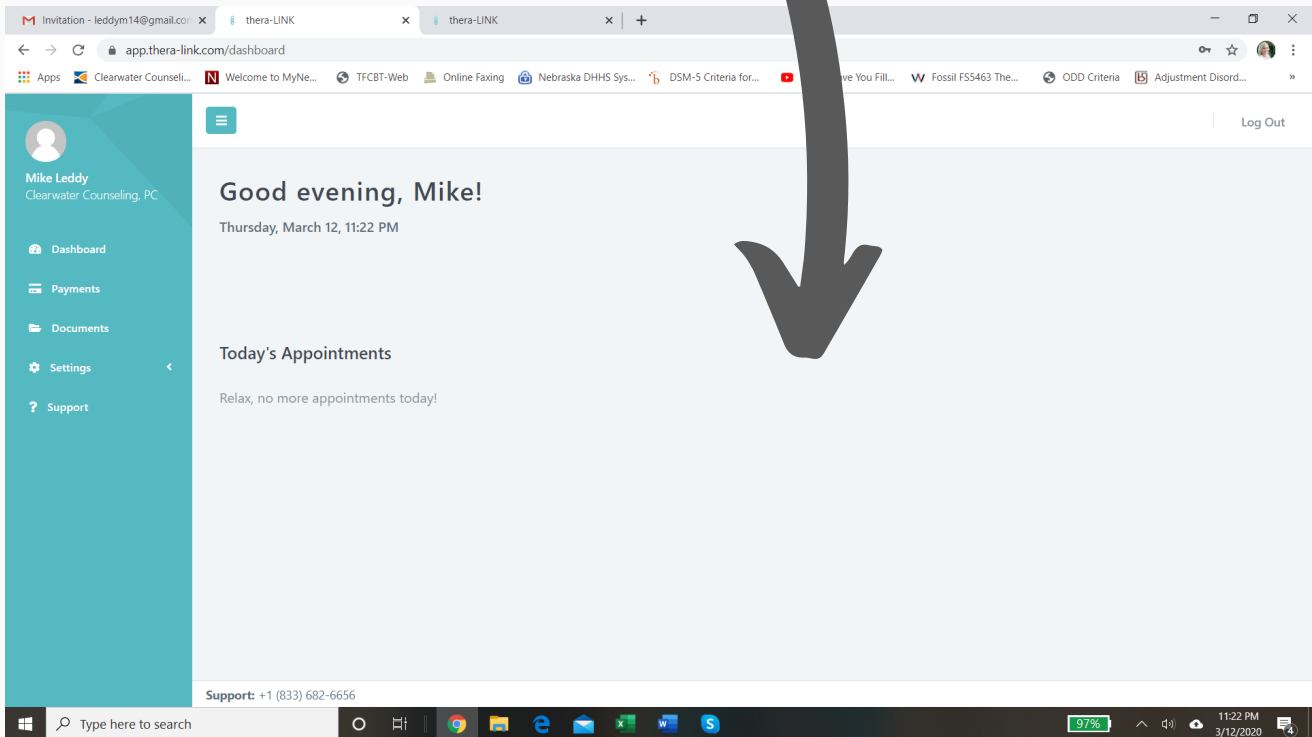
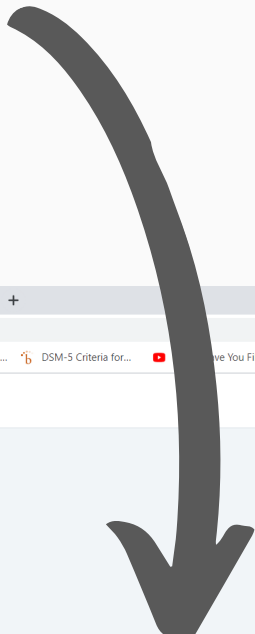


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## Step 3:

Account Created Successfully! This is your dashboard. Upcoming Appointments will be shown here:

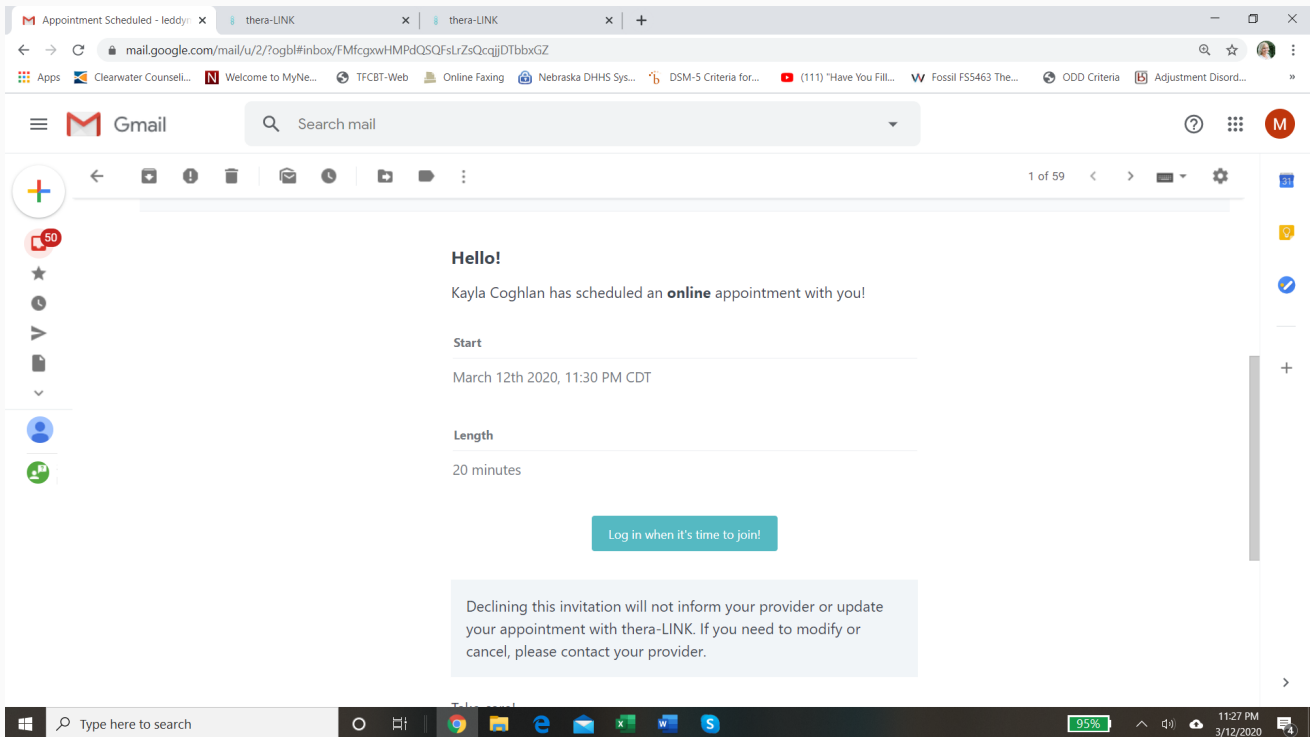


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## Step 4:

You will receive an email notification that an appointment was scheduled from thera-LINK. You will receive a 15 minute reminder email prior to session. Click "log in when it's time join!"

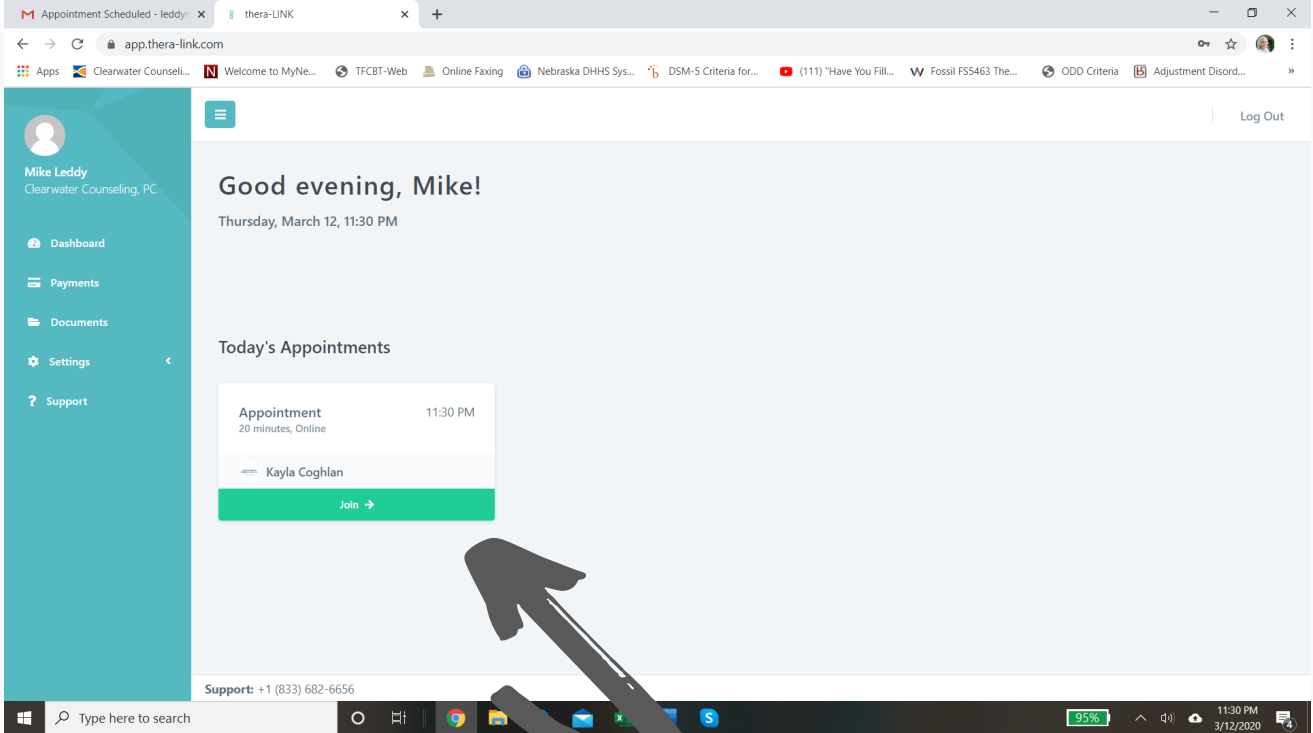


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Click "Join."

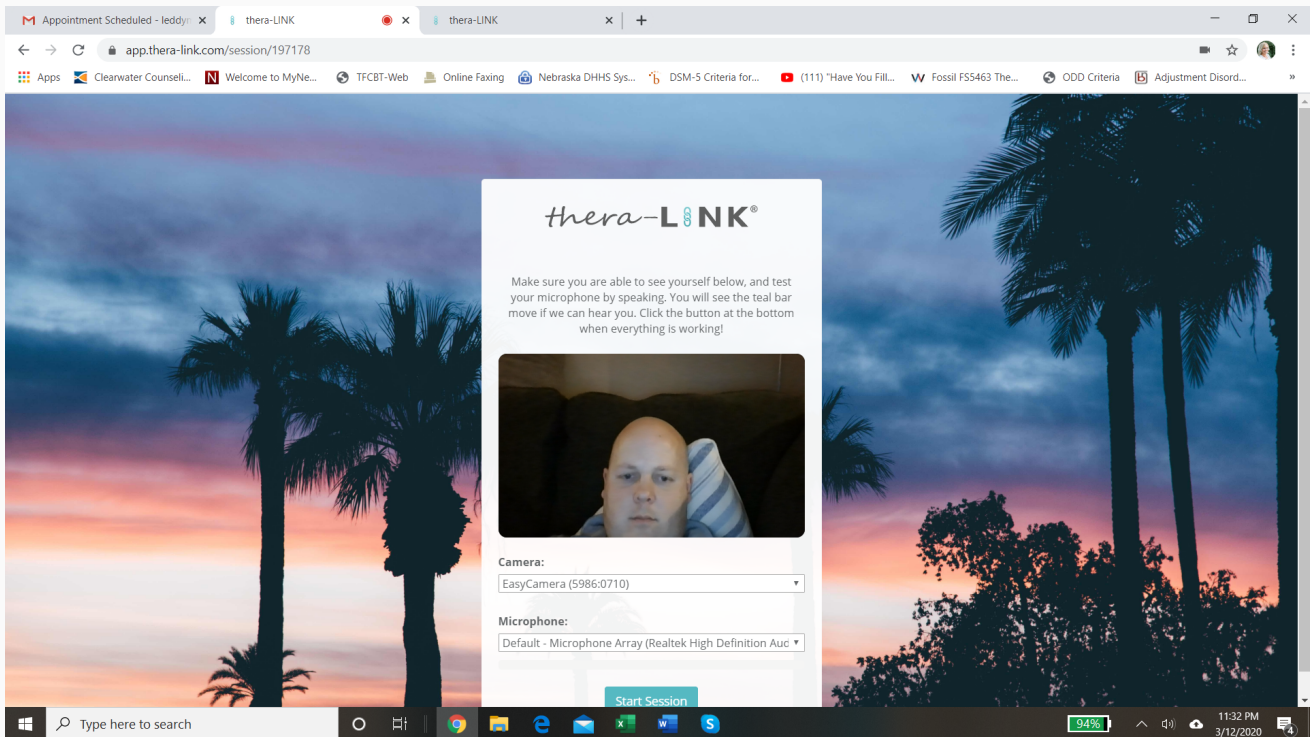


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You will then enter the waiting room and hear relaxing music. This is also an opportunity to test your camera and microphone to make sure that both are working correctly.



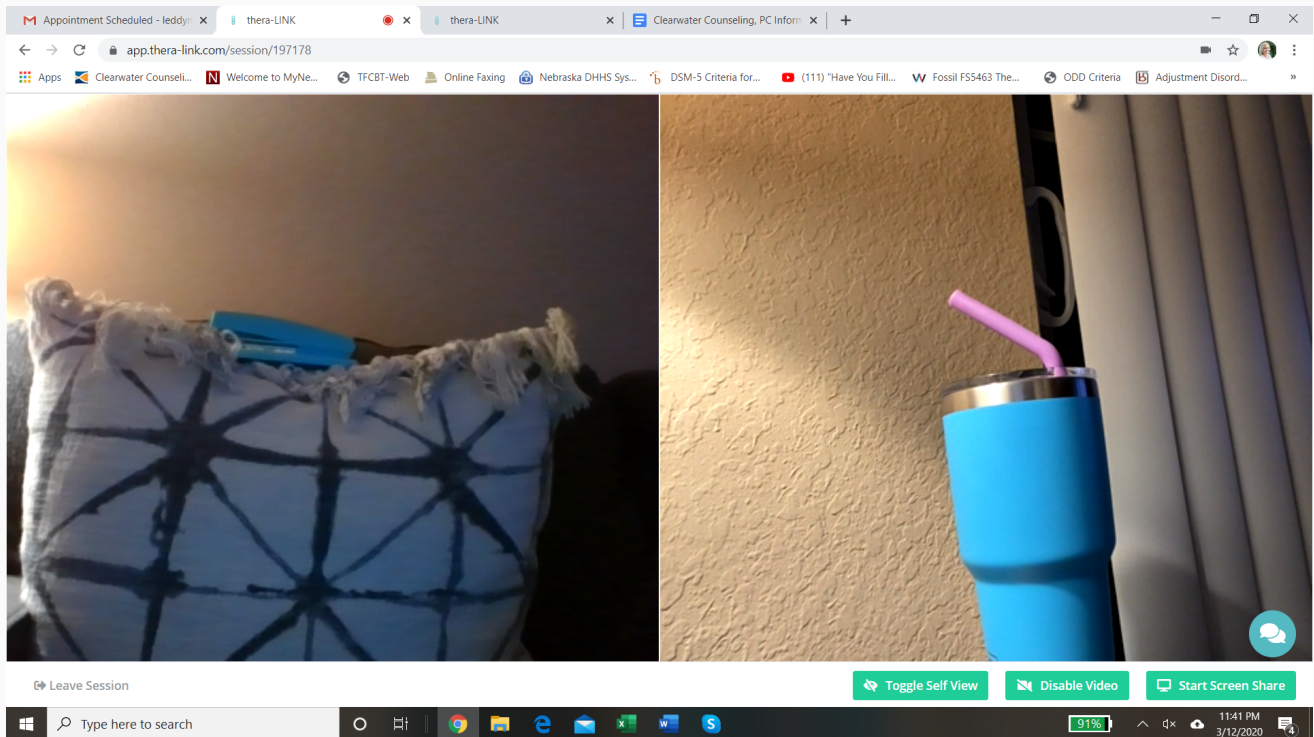


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## Step 7:

Session has started! Both participants (therapist and client) can see each other on the screen. You now have the option to "Share Screens" to complete worksheets together, update Treatment Plans, or review homework.





## *Your Mental Health is Our Priority*

Whether in person or on the screen, Clearwater Counseling, PC is committed to serving our clients with the absolute best care possible. To schedule your teletherapy or in-person appointment, reach out to us today.

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COUNSELING, PC**



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