

Teletherapy

With the COVID-19 pandemic and social distancing, we are all feeling more isolated. This can cause larger amounts of stress and to help alleviate that, I am offering telehealth services.

Your health is my prime concern. I have done telehealth for many years and I have found this a suitable way to serve your needs when we are unable to meet in person.



Things you will need

Technology

I will be using Facetime, Zoom, or Skype to conduct our sessions. These can all be done on a phone or tablet, however, you will need an Apple device to use Facetime. If you are on a computer you will need to use Firefox or Google Chrome as your internet browser. Also for a computer, you will need a functioning webcam.



Safe Space

Normally when we meet it is face to face in my office behind a closed door where we are not interrupted. Since we are not meeting in person, I need to make sure your space is as safe as possible during our session.

Here are some steps to take to ensure you have a safe and confidential space:

- Make sure you are in a room with a door that is closed and locked if possible. This will prevent anyone from walking in during your session
- If we are to meet by phone and it's a landline, make sure everyone knows to not pick up the phone during the time we are meeting.
- Make sure you are in a stationary place and not driving.
- Find a place where no one can hear or see you during our session. This includes children if you have them. If the only private place you have is your car then make sure you drive to a location where you won't be seen or recognized so that no one will interrupt.

Caroline Sabi, LPC

If you have any questions about this process, teletherapy, or need help to find a place where you can have privacy, feel comfortable, and open up about whatever is going on, we can start with a simple phone call and take it from there in our next session.

**Talk to you soon,
Caroline Sabi**

