

Greetings Counseling Community,

Our nation and global society are experiencing an unprecedented phenomenon, the Coronavirus pandemic. While concerns of physical and mental wellbeing are paramount, our cultural structures such as education and healthcare struggle to function in the wake of closures and recommendations of social distancing. Fortunately, many of our mental healthcare providers have access to state-of-the-art software that allow us to proceed using “keep connecting technologies”. Addressing the need to meet across distances is more easily tackled; yet, there are unique legal and ethical concerns regarding conducting counseling sessions online. There may be heightened awareness of being in close proximity to others unnecessarily on behalf of ourselves and clients of the agencies, schools, and practices in which we work.

Telemental health counseling involves the provision of online counseling services through a secure platform. Types of online counseling include text, live chat, phone, and video sessions. Telemental health counseling is an invaluable resource; however, particularly in circumstances like these. Board Certified Telemental Health Providers can take precautions toward protecting client’s confidentiality online and can help facilitate conditions that mirror a face-to-face therapeutic relationship. There is a great deal of research and training available that may guide clinicians in the facilitation of these services; however, we would like to offer you a “crash course” to jumpstart your preparation process with the goal of helping you more quickly meet the needs of our communities.

While there is much uncertainty at this time, it is clear that our field is committed to meeting the needs of our students and the communities that we serve. Continued unity and collegiality are important as we work together through this crisis. As such, it is my hope that we can lean on one another and share resources in support of our colleagues, clients, and students.

Be well,

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