



## **Covid -19 Statement**

These abnormal times are tough and stressful and Connecting Pathways Therapy wants to ensure safety and continue to provide the highest quality care whether you are at home or can come in the office. To stop the spread of Covid-19, we are providing both in person for vaccinated individuals and teletherapy via doxy.com. If you are a new patient and want to ask more questions about the practice of tele-therapy, Ms. Parks would be glad to provide a free 15-minute phone consultation. If you are not comfortable with any of these, Ms. Parks would be glad to refer you to another provider. It is our desire that everyone receive the mental health service that best suits their needs.

## **Brief Description of Teletherapy**

Teletherapy is therapy online that address emotional and psychological issues which typical lasts for typically 50 minutes. Some research has shown that teletherapy is just as effective as in person therapy. Some benefits include patients having more privacy from home, accessibility, reduced stigma, and convenience. Some cons of teletherapy include technology issues, privacy issues from online, lack of crisis response, overlooking body language and vocal cues, distractions, and not appropriate for serious psychiatric illnesses.