Virtual Therapy Checklist

Is virtual therapy right for me?
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DO YOU WANT COUNSELLING THAT IS?

- Convenient
 - o Counselling on your terms, not the counsellor's
 - You can do it where you want (as long as it's safe and private)
 - At any time you want
 - On any device (phone, tablet or laptop)
 - Without having to drive to an office

Accessible

- You don't have to address why you need counselling before you get out the door.
 - If you're too anxious or depressed to leave home or too disorganized to leave home and be on time you don't have to.
 - You also don't have to worry about traffic or parking.
- If you live in a rural or remote area that doesn't have in person services close by you can still access counselling.
 - If Wi-Fi is a barrier, sessions can be done over the phone.

• Secure:

- Find out if your counsellor is using a secure method to conduct sessions.
 - There are many types of software that offer secure connections that are compliant with Canadian privacy legislation.
- Your counsellor should have a secure Wi-Fi connection and as a client it's your responsibility to make sure your Wi-Fi is secure.