

# The New Practitioner's Guide to Teletherapy: Introduction To Teletherapy Participant Worksheet

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## Learning Outcomes

After this workshop, attendees will be able to:

- Define three key terms related to teletherapy.
- Describe two examples of synchronous vs. asynchronous teletherapy methods.
- Summarize evidence-based practices for teletherapy.

## Telehealth versus Teletherapy

Definitions:

### Telehealth

- \_\_\_\_\_ based
- Visit with provider from home

### Teletherapy

- Includes therapy services
- Real-time or Time-delay

## Test Your Knowledge

Telehealth and Teletherapy are interchangeable terms.

Select the Correct Answer:

True or  False

## Considerations for Successful Teletherapy Session

- \_\_\_\_\_ capabilities
- \_\_\_\_\_
- Virtual Platform
- \_\_\_\_\_
- Activities
- Standardization

## Bandwidth

- Refers to capacity of communications link
- Consider the demands of Streaming and limits of Service
- \_\_\_\_\_ internet is optimal
- Have a backup plan for router or modem issues

### Test Your Knowledge

Bandwidth refers to:

- a. The physical size of the modem
- b. The level of internet subscription service
- c. The maximum capacity of the wired or wireless communications link
- d. The inability to view videos or upload videos

## Other Considerations for Successful Sessions

- Headphones for privacy
- \_\_\_\_\_
- Minimal distractions
- Neutral background
- Good lighting
- Sufficient audio volume

### Test Your Knowledge

Which location provides an optimal location for a virtual session?

- a. A coffee shop.
- b. The school cafeteria.
- c. In the kitchen.
- d. A private, quiet location with minimal distractions.

## Assessment Considerations

1. Make sure assessments meet \_\_\_\_\_ for teleassessment.
2. Do not \_\_\_\_\_ standardized assessments.
3. Digital assessments should come from \_\_\_\_\_ only.
4. Facilitators may assist with an assessment; practicing prior to assessments can be helpful to outline expectations.

### Test Your Knowledge

Test publishers will allow you take a screenshot of a stimulus book and screen share.

Select the Correct Answer:  True or  False

The facilitator can administer the test materials for the clinician.

Select the Correct Answer:  True or  False

## Virtual Platforms

- Must ensure FERPA, \_\_\_\_\_, and HIPAA compliance.
- Provide encryption for security.
- Popular platforms include Zoom, Microsoft Teams, and Google Meet.
  - [Zoom Security Information](#)
  - [Google Security Information](#)

### Test Your Knowledge

Which of the following virtual platforms are most commonly used for teletherapy sessions?

Choose the Correct Answer(s):

- Zoom
- Google Meet
- MS Teams
- FaceTime
- Skype

## Asynchronous Versus Synchronous

- Asynchronous sessions do not require scheduling and happen on your own time.
- Synchronous sessions are scheduled real-time interactions.

**Pause and Reflect: How could you perform asynchronous and synchronous activities within your discipline?**

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### Test Your Knowledge

Asynchronous sessions do not require scheduling and happen on your own time.

Circle Correct Answer:  True or  False

## Checking for Digital Literacy

Estimating a student's ability to use and navigate the digital world.

**Test Your Knowledge: What are the 4 key items to evaluate a student's digital literacy?**

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## Evidence-Based Practice (EBP)

- Ensures high quality and individualized care
- Professional wisdom combined with
- Evaluate your practice using progress monitoring, pre/post assessments, and goal development

### Test Your Knowledge

Evidence-based practice includes three parts: researched evidence, client perspective, and \_\_\_\_\_.

- Clinical expertise.
- Practical knowledge.

An important piece of Evidence-Based Practice is evaluating your practice.

You can do this by all of the following, **EXCEPT**:

- Utilizing progress monitoring
- Pre- and post-assessment
- Goal development
- Sending out evaluation forms to your clients

## Resources

School Psychology

Pearson Telepractice Website

<https://www.pearsonassessments.com/professional-assessments/digital-solutions/telepractice/newsroom.html>

NASP Online

[www.nasponline.org](http://www.nasponline.org)

School Counseling

[www.Schoolcounselor.org](http://www.Schoolcounselor.org)

American Speech-Language-Hearing Association (ASHA)

[www.asha.org](http://www.asha.org)