



# Transitioning to Telehealth

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# MY ROLES

1. Director of Clinical Training
2. President of California Psychological Association
3. Independent Practice



# TELEHEALTH IN PRACTICE

- Technology
  - Access
  - Skills
- Confidentiality & Boundaries
- Revising/Updating Office Policies and Protocols
  - Informed consent
  - Electronic communication
- Adaptation of Services
  - Population
  - Interventions



# WHAT'S OLD IS NEW AGAIN

- Telephone
- Asynchronous “store and forward”
- Video Conferencing
- Apps (PsychSurveys, HIPAA Bridge, ACT Companion, Telehealth Mental Health Laws)



# USER ACCEPTANCE

- High level of use and acceptance among clients
- Level of acceptance may vary across settings and sessions
- Quality of technology impacts satisfaction
- Increased use leads to increased satisfaction
- Increased access to services
- Address ability to exchange documents

Luxton et al (2014)



## BEYOND COVID 19

- Office "without walls" is new normal
- Integration into graduate school education
- Continued Advocacy and Legislation
- Reimbursement
- Jurisdictional practice
- Increased telehealth outcomes research