



G L O B A L
T e l e t h e r a p y

Why You Need to
Consider Teletherapy

**A Short
Comprehensive
Guide for Parents**

Some of Your Deepest Fears and Fondest Dreams

Perhaps you're one of those parents who sees that your child isn't enjoying being a kid and doesn't seem to be on the road to a particularly happy life.

Maybe you're concerned that your child isn't finding success either academically or socially. Or, you hear a voice gnawing away inside, wondering, "Will my child ever reach his/her potential?"

Of course, as parents, our deepest hopes and dreams are for our children to be happy and confident, afforded opportunities to grow, develop their full potential, and make their unique contributions to society. We want them to be emotionally healthy, confident, have healthy self-esteem, and acquire enough earning power to enjoy a comfortable life.

For parents with children who are already confident, and unburdened by the challenges that impact healthy functioning, it seems quite normal to bask in the fulfillment of these deepest hopes and dreams.



However, for those parents whose children are struggling, a lot of time is spent trying to quell the fear of, "What will become of my child?" Beyond coping with the routine ups and downs of being a kid, children who require speech, occupational, or mental health therapy often have other demanding challenges. For many of them, school is difficult, social success is elusive, and self-confidence is often deceptive.

The optimal solution is effective and sustained therapy. Nevertheless, while many children receive the therapy they need, the number of children who don't continue to grow. Children are left unattended primarily because of the acute speech-language, occupational, and mental health therapist shortages growing unabated around the country.

Until recently, there was no systematic nor sustainable solution to the problem.

Teletherapy is the Answer

However, the growing popularity of telepractice is gradually turning things around. Telepractice or teletherapy is the online delivery of therapeutic services, which studies have shown can be just as effective as traditional face-to-face therapy. Yet, teletherapy is more than just an alternative delivery method. It is rapidly becoming the only solution for many children to meet their speech-language, occupational, and mental health therapy needs.

To adequately grasp the growing popularity of teletherapy, we must first see it within the context of the meteoric rise of telehealth. Telehealth is rapidly

transforming the entire healthcare sector in ways that will change the industry forever. The global market for telehealth was valued at \$49.8 Billion in 2018 and is projected to reach \$266.8 Billion by 2026.

Teletherapy is one of the therapeutic arms of the telehealth explosion.

Yet to see the rapid growth of teletherapy solely as piggybacking on the telehealth explosion is to ignore the most essential and important part of the story. The benefits of teletherapy are many and varied. Teletherapy is providing children an excellent therapeutic experience and their parents much deserved peace of mind.

Your Child's Outstanding Experience

 **TOP QUALITY THERAPISTS**

Perhaps the most critical concern of parents is how to ensure that their children will be working consistently with exceptional therapists. This is quite a tall order considering the national shortage of speech, occupational, and mental health therapists that is growing annually, and particularly acute in rural areas. Given the shortage, what could improve the likelihood that their child will receive a top-quality therapist?

Enter teletherapy. Because teletherapy is online and not bound by the traditional constraints of geography, teletherapy agencies can draw from a large pool of high-quality therapists from around the country, even in areas where there is a surplus of therapists. Having access to more therapists allows agencies to meet the shortfall while being more selective and rigorous in the hiring process.



Most children who receive therapy do so through the school that they attend. Because teletherapy saves school districts and clinicians considerable funds associated with recruiting, on-boarding, benefits, and compliance fees, these schools now have more money to invest in higher quality therapists for their students than schools that are contracting on site therapists.



CONSISTENCY

While consistency is a crucial component to success in many of life's endeavors, when it comes to therapy, it is vital. This is because when a child's therapy is interrupted, aside from stalling forward progress, the interruption often causes the child to regress. Unfortunately, this regression often leads to discouragement and a host of other problems.

The longer the interruption between sessions, the more the child's problems will become exacerbated. Regarding speech therapy, missing sessions might cause the child to stutter more. With occupational therapy, the interruption may cause the child to have difficulty climbing stairs safely. When it comes to mental health therapy, the child's anxiety or depression could become worse, leading to even more severe consequences.

When a child meets with a therapist face to face, and that therapist takes ill, goes on vacation, or relocates, and a replacement isn't readily available, there will be a lull in the therapy until an adequate alternative is found. Or, if inclement weather prevents the therapist from traveling to the school, that session will be lost.

However, with teletherapy, there is no reason to ever miss even a single session with either the regular therapist or a worthy replacement who can be assigned even at the last minute. The child's therapist is never more than just a click away!

MORE KID-FRIENDLY

Your child could be assigned a wonderful therapist who happens to be very consistent. Nevertheless, without the following critical component, the therapy will go nowhere. Your child must buy into the therapy. When it comes to buying into the therapy, it's usually all about whether or not your child is enjoying it

Do children enjoy teletherapy? Kids consistently give teletherapy rave reviews. They love the virtual environment which is so natural for them in this digital world in which they are growing up. Since teletherapy uses simple, easy-to-implement technology it is very easy for children to become actively involved.

Speaking to others through a screen is familiar and engaging for them. Children find the computer-based activities are both motivating and stimulating. Teletherapy is easy, and it's fun!

There is another benefit for children that is perhaps less apparent. Some students feel uncomfortable and are intimidated by being in the same room as the therapist. Others (especially those who receive mental health therapy) feel shame when walking into a therapist's office. Teletherapy, being remote, eliminates these concerns altogether.

Your Peace of Mind

MAINSTREAM

While in the past, the concern that teletherapy wasn't a conventional mode of therapy was legitimate; this is no longer true. Today teletherapy is mainstream and growing in popularity across the country. This is evidenced by the steady increase of districts that are opting for teletherapy instead of the traditional face-to-face model.

Over the past twenty years, numerous studies, most notably by The Mayo Clinic and Kent State University, have shown that online therapy is at least on par with on-site therapy, and sometimes even more effective. Teletherapy is fully endorsed by AOTA (The American Occupational Therapy Association), APA (The American Psychological Association), and ASHA (American Speech-Language-Hearing Association).

It is important to remember that teletherapy and the highly useful digital tools utilized by clinicians don't replace the one-on-one therapeutic interaction between clinician and child. On the contrary, they can significantly enhance the interaction.

FLEXIBILITY

Leaving in the middle of class for a therapy session is not always in your child's best interest. Teletherapy bypasses that problem. Sessions arranged by the school can be scheduled outside regular school hours to allow for maximum convenience for everyone involved- child, parent, and therapist.

We all know that as much as we are meticulous about our weekly schedules, something invariably comes up to throw a monkey wrench into our best-laid plans. What happens when that monkey wrench clashes with our child's therapy session? Again, teletherapy has the solution, as it allows for greater flexibility in rescheduling than traditional face-to-face therapy.

SECURITY

Teletherapy, whether it be speech-language therapy, occupational therapy, or mental health therapy, is no riskier than face-to-face. Both are very secure, private, and confidential.

The optimal way to allay security concerns is to work with a high-quality, reputable agency that can assure you that all of the industry regulations are being followed. Only such an agency can assure that everything is being done to satisfy all HIPAA standards ensuring the maximum security, privacy, and confidentiality of all sessions and data.

Debunking Common Myths About Teletherapy

Whereas some think that teletherapy is inferior to face-to-face therapy, there is no evidence nor data in the research to support that belief. The e-book entitled [Teletherapy Diminishes Client Engagement: Debunking the Myths](#) examines some of the prevalent myths surrounding teletherapy and discredits them. Here is but a synopsis of the debunking two of those myths; the concerns regarding the reliability of the technology and compromising client engagement.

RELIABLE TECHNOLOGY

Some parents may think that the technology used in teletherapy is unreliable and untrustworthy. One of their objections is that being computer-based, the entire success or failure of the session rises or falls based on of the technological performance. Many parents ask, "How can I take that chance with my child's therapy?"



ABOUT GLOBAL TELETHERAPY

Global Teletherapy, through its expansive teletherapy services, plays a pivotal role in alleviating therapist shortages. We recruit, screen, contract, and manage top-quality certified speech-language, occupational, and mental health therapists. We ensure that they are appropriately licensed and credentialed in the school district's state, and assure that they are available when needed. Their performance is monitored, guaranteeing the very best care.

Every child is assigned to a particular clinician, who is responsible for that child's therapy. This arrangement promotes a trusting and consistent relationship between the online therapist, child, parents, and teacher. Global Teletherapy fosters close collaboration among teachers, school resource professionals, administrators, and parents through their acclaimed school relationship managers. We use the same platform to deliver our therapy services as others around the world do when they conduct their online meetings.

Teletherapy, in its adherence to all industry standards and policies, as well as state and federal laws (e.g., licensing), does not compromise a therapist's responsibilities in delivering services. Session privacy, student data, and information are protected as our system is secure, encrypted, and HIPAA compliant.

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