

## **JULIE POPE DANTZLER, MS, LMHC COUNSELING SERVICES**

20 Third Street SW Suite 203 Winter Haven, FL 33880

Phone: (863)875-4861 FAX: (863)875-4891

Juliedantzler.com

### **NOTES ON TELEHEALTH COUNSELING SESSIONS**

Welcome to the world of Telehealth at Julie Pope Dantzler, MS, LMHC Counseling Services. I did not imagine I would be delivering services in this way, but over the past year it has gone fairly well.

Many have come to value the safety and privacy of the counseling space. With telehealth, creating that atmosphere becomes a collaboration instead of being my responsibility alone, as it has been in the past. It is my goal to stay as close to my usual style and procedures as possible, with a few minor changes. Scheduling and payment will remain the same.

I am now using Zoom for Healthcare, a HIPAA compliant, encrypted platform that will ensure your privacy during each appointment. Prior to each session you will receive an email invitation from Zoom, and you can enter the online waiting room 15 minutes before the scheduled starting time. If, for some reason, you do not receive an email you may join by logging into your Therapyappointment.com portal page, go to the tab marked "Dashboard" and use the "Launch" key. From there it will likely be identical to the Zoom experience with which you may already be familiar.

Here are a few recommendations I have picked up along the way that might help optimize your experience:

- Choose a location where you are likely to encounter minimal interruptions/distractions.
- Having a space that allows you to express yourself without being focused on others overhearing the content of the session is ideal.
- I will be using earbuds/headphones to maximize focus and minimize security risks and I encourage you to do the same. (The newer Apple Earpods may need to be tested in advance.)
- At the beginning of each session I may ask for your location (address), a back-up method of communication in case we are cut off, the name of a contact person with phone number and your preferred hospital in the event of an emergency.
- As is true during face-to-face sessions there will be no other persons in my office/space, and I will be happy to allow you to view my entire space if you like. I will ask that, if you would like another person to be present with you for support or to otherwise contribute, please let me know about in advance.

As always, feel free to call or email with any questions or concerns.

