

Teletherapy



Klaybor&Klaybor
psychotherapy services



At Klaybor and Klaybor Psychotherapy Services, we can deliver a series of Telehealth programs and services to you. This may include weekly, online therapy via Voice-over Internet Protocol (VoIP) platforms, informative blogs, a series of content-based podcasts and videocasts, or even maintenance of social private chat rooms to keep you informed.

Skype is a free software program that allows us to meet over the Internet using a video camera. You can bring a psychotherapist into your office or home and provide psychotherapy using the latest technology. Skype software provides a one-on-one web based counseling session. It is an effective Voice-over Internet Protocol (VoIP) platform that is easy to use and **completely free**. We can provide mental health services to anyone with a computer, broadband Internet connection, webcam, and microphone. Click on the Skype logo in blue to go directly to their website and sign up. You just need a screen name and password to get started.

Online counseling, or “Teletherapy,” is when a professional counselor or psychotherapist talks with a client over the Internet to give emotional support, mental health assessment, goal setting and a treatment plan. This process can be one question or an ongoing conversation; it could be by an iChat, telephone conference, Voice-over Internet Protocol (VoIP), or use of your computer to make a call for computer-to-computer connection.

Teletherapy is a viable alternative to therapy in person, especially when medical complications can limit a one’s ability to see a therapist in person. Teletherapy is a source of help when traditional psychotherapy is not accessible. It’s effective. It’s confidential. Skilled, licensed, qualified, and ethical professionals conduct your Teletherapy. And for some people, it’s the only way they can get help from a professional therapist.

Technology basics are required for practitioners who choose to deliver therapeutic services via technology. There are many platforms to use, but this is one of the easiest to learn and use. Click on the picture to go directly to the Skype website, download for MAC or PC, and then create an account.



Create an account or sign in

It only takes a minute or two - then you're ready to call your friends free over Skype, and even talk face-to-face on video.

[Sign in](#)

[Create an account](#)

Skype Name

[Forgotten your Skype Name?](#)

Password

[Forgotten your password?](#)



- Safe & Secure
- Quick & Easy
- Manage your account
- Change your settings

[Sign me in](#)

Teletherapy Services Agreement and Informed Consent

You agree to the following:

1. Unless we explicitly agree otherwise, our teletherapy exchange is confidential. Any personal information you choose to share with me will be held in the strictest confidence. Just as for my face-to-face clients, I will not release your information to anyone without your prior approval, or I am required to do so by law. In Texas we are required to notify authorities if we become convinced a client is about to physically harm someone; or if they are abusing, or about to abuse, children, the elderly, or the disabled.
2. You understand that our Teletherapy occurs in the state of Texas, (USA), and is governed by the laws of that state. In a manner of speaking, you use modality to visit me in my Texas office; where we meet to do our work.
3. Helping you build the life you want is what our exchange is all about. We should not continue any process that is counter-productive in that respect. Either of us is free to terminate our relationship at any time and for any reason. If you decide to terminate, I believe it would be to your benefit to drop me a short note stating the reasons for your leaving. There would, of course, be no charge for such a note. In the unlikely event I become convinced our Teletherapy is not in your best interests (see below), I will explain that to you and suggest some alternative options better suited to your needs.
4. While Teletherapy is a great way to get help with many of life's problems, overwhelming or potentially dangerous challenges are best met with face-to-face professional support. You understand that our Teletherapy is neither a universal substitute, nor the same as, face-to-face psychotherapy treatment. You accept the distinctions made using Teletherapy vs. face-to-face psychotherapy. In particular, you accept that Teletherapy does not provide emergency services.
5. You are responsible for information security on your computer. If you decide to keep copies of our e-mails or communication on your computer, it's up to you to keep that information secure. Unfortunately, I cannot guarantee the security of our e-mails as they travel between our computers but Skype is encrypted, so it is confidential. It is possible, though unlikely, to intercept e-mails in transit. If you are concerned about that possibility, please consider the option to encrypt our e-mails. Even if someone were to intercept an encrypted e-mail, they would not be able to read the encoded message.
6. Our Teletherapy is a means by which you, the e-client, can receive coaching, counseling, information and guidance from an experienced psychotherapist. It is perhaps most accurately perceived as a process creating, over time, a trusting and collaborative relationship. In our collaboration, you retain the right to determine which topics we cover and the depth of consideration each receives. In other words, as an e-client, you are free to contribute or withhold any information you choose. Moreover, you are under no obligation to apply information and/or opinions I contribute to our Teletherapy. While I hope that you will find our exchange useful in your efforts to help yourself and improve your life, it is not possible to guarantee that; despite the ever-increasing positive feedback from e-clients, Teletherapy therapy is best considered experimental until it's efficacy has been validated scientifically.

There are no other explicit or implied commitments in our Teletherapy relationship.

Signed: _____ **Date:** _____