

TELEHEALTH CONSIDERATIONS

As of June 2020, my practice is entirely virtual. I have taken trainings in order to bolster my ability to make the most of telehealth. Some of the benefits for you:

- Convenience! You do not need to commute to my office and find parking, etc.
- No need to secure child care
- Increased comfort as you are in your own home

We will connect using my secure platform called Doxy.me. At our appointment time, you will go to this link: <https://doxy.me/sonjaseglincounseling>, which puts you into my virtual waiting room. From there, I will begin our session.

Since this is a fairly new modality, there are some considerations to keep in mind:

- Please make sure you have a private space in your home or office in which we can talk.
- In order to make the most of our time, please minimize any distractions. This means closing other browser tabs, silencing your phone, and closing your door.
- If the connection is glitchy for any reason, we will shift to using just the phone.
- If you are in a mental health crisis, we will contact emergency services
- You as the client must be residing in either Illinois or New Jersey, where I am licensed to practice