

Making The Most of Telepsychology

By NUS Clinical and Health Psychology Clinic (CHPC)

Before the session

Find a good location

Find a quiet, private, and comfortable space for the session.

Ensure that distractions such as the TV and radio are turned off, and notifications on your devices are muted.

Inform family members in advance that you need some personal time, or put up a do-not-disturb sign outside your door.

Ensure that the room is well-lit, and that you are not sitting with the windows behind you.

Keep the background as free as possible from distractions and confidential information.



During the session

Treat it as you would treat a face-to-face session.

It is normal to feel awkward or nervous at first, especially if you have never used telepsychology before.

Let your psychologist know if you cannot see or hear him/her clearly.

You are encouraged to take notes. However, please refrain from recording any part of the session.

Don't be afraid to give your psychologist feedback on how the session is going for you.

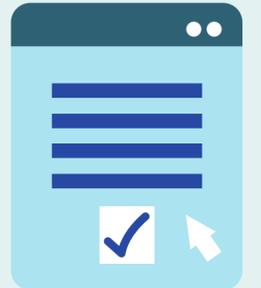


Telepsychology is the use of technology to provide psychological services. It is very much like face-to-face sessions but conducted through an online medium. Like all things new, it may take some time to get used to and your psychologist will support you through it. These tips will also help you get started!

Read & complete

Check your email for consent forms

Carefully read and complete them



Prepare a device

Prepare a laptop/PC or tablet for the video call.

Avoid using your handphone to minimize distractions from other applications, and to have a more immersive experience.

Using earphones will help you be more clearly heard, keep the conversation private, and block out any distractions in the background.



Final steps

Keep a glass of water within reach should you get thirsty.

Sessions can get emotional so keep some tissue at hand.

You can be dressed in your comfortable-best or choose to dress as you would for a face-to-face session.

Check your email for the invite link and password to launch the session!

After the session

Take some time to process the session and to relax your mind, before jumping back into work or home life.

Remember to password-protect your homework before you send them back to your psychologist.



Contact us at chpc.enquiries@nus.edu.sg should you have any other queries or concerns.