



## COVID-19 UPDATE: 08/17/2020

*The Colorado Center is staying on top of COVID-19 data and continuing to develop our services to keep pace with the social, economic, and psychological effects of the pandemic. We are never ones to jump on the bandwagon--we follow the science. And this often means digging into primary research ourselves to determine what is safe and effective (for therapy, and for opening our offices).*

### News from the Practice

- **It remains highly likely we will continue teletherapy at least through September.** Fortunately, teletherapy is working: clients have adjusted well to it, and we have been happy to welcome our new clients with this strange new way of starting therapy. We want to go back to in-person therapy as soon as possible, but we do not yet see that date on the horizon as we look at the current Colorado data. In some ways, Colorado has improved during August, but not enough to open our doors yet (sadly, we do not anticipate sufficient reduction-in-risk during September—but we would love to be wrong about that).
- We know that the impulse (the need!) to break out of isolation is very strong, and we would much rather be doing in-person sessions, but we cannot do it in good conscience. Our clients are saying that they are continuing to benefit from teletherapy even if it's not the same as coming to the office. We do not think that therapy with masks on is very therapeutic. And confidential in-person sessions require sitting inside offices with still air, a lot of talking, and many clients throughout the day, which creates a lot of opportunity for virus particles to be inhaled (we've reviewed the research on the viability of virus particles in the air and potential viral load; it's a significant concern). With the transmission, hospitalization, and death rates not yet being what we need for safe indoor, closed-door therapy, we are still saying, "not yet."
- We have posted free brief relaxation recordings on our website: bite-size meditations by Elizabeth Nelson, Ph.D., and Laura Goldner, Psy.D., that are surprisingly helpful and take you to a wonderful place in just a few minutes. Try one. You'll feel better!
- Our free COVID support group for medical providers continues (for all front-line staff in medical settings).
- **If you have any further questions:** Please feel free to call me or your therapist to discuss any concerns or to get more detailed information.

In Service, and Wishing You Continued Good Health,

Jason Seidel, Psy.D.  
Director  
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## Tips for Telemental Health

- You can use the built-in microphone and speakers that your device already has (most add-on PC cameras also include a microphone)
- You can also use a headset with a mic, or earbuds with a mic—these mics often work better because they are much closer to your mouth; and earbuds or headphones also can offer better privacy and sense of being more together.
- Try sitting close enough to the camera that your head and shoulders are mostly filling the screen. The better your therapist can see you, the better they can connect with you, see small changes in your expression, and do better work with you.
- Try testing your mic and speakers prior to your session. There are usually very few (or no) technical bumps at first but if there are, your therapist will help you through them. **Bluetooth** headphones or mics may add a little wrinkle to the setup, so with those be sure to test ahead of time if you can.
- Close any other open apps and programs on your computer (like Microsoft office or other streaming services)—they can rob you of processing power and degrade your signal. Desktops and laptops tend to work better than iPads and smartphones. Wi-Fi is fine, but an ethernet cable works even better.
- If you do not do a lot of videoconferencing, give yourself a break as you adjust to a slightly different rhythm of conversation than we have in-person. If it's not something you adjust to immediately, know that it gets easier and more natural after the first session. **All of our platforms are encrypted and HIPAA-compliant.**
- **If your therapist is using Google Meet**, and if you want to use your phone, first download the Google “Meet” app for your phone. If you are asked to enter a “meeting code” it's the letter combination at the end of the URL of the meeting link, without the hyphens and question mark. Your therapist can text it to you if you have difficulty. **NOTE:** If you are using a computer where someone else is logged into Google, their name will show up when you are on the Meet. On a computer, you will have the meeting through the browser (or Chrome). On a phone you will have it through the Meet app.
- **If your therapist is using VSee**, then when you click on the email invitation for the first time, you will be asked to download the VSee app on your computer (it will progress automatically) and it will ask you to add your name and click a box or two to “agree.” You will have the meeting through the VSee app rather than through a browser window.
- **If your therapist is using SecureVideo/Zoom**, then click on the “join” link in the email and you will first be asked to download the Zoom app to your computer (if you don't already have it) before the call starts, and then the call will launch automatically, using the Zoom app.