



## COVID-19 UPDATE: 10/20/2020

*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

- We have recently introduced more ways to make **scheduling and paperwork easier online**, while keeping our systems fully compliant with HIPAA and Colorado mental health laws.
- Colorado's transmission, hospitalization, and death rates are more than double what they were two months ago at our last update. State and local health data are worsening as we head into autumn. The chronic vigilance, stress, and fatigue have led to numbness and more risky behavior by some. As poet Stanislaw Jerzy Lec said, "**No snowflake in an avalanche ever feels responsible.**" Perhaps somewhat miraculously, the vast majority of Coloradans are still wearing masks and following social-distancing rules and this has put a brake on our COVID acceleration.
- Yet, from the worsening statistics, we know **we will need to do teletherapy through the end of 2020**. The good news continues to be that teletherapy works: current clients have adjusted well to it, and new clients have seen that this version of therapy is effective.
- We want to be as responsible as possible, and we do not think therapy with masks is very therapeutic and it does add risk. With the continued spread of this virus preventing safe, responsible, closed-door therapy, we continue to say, "not yet." We will change our position **when we have data** to support the safety in doing so.
- 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 has been well received and we will soon be launching one for teachers. Please invite any teachers or schools you are in contact with to contact me for more information about this.
- **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.