

Teletherapy: Accessing more of the population

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Teletherapy is the newest way computers can help to promote mental health services to a wider audience in the comfort of their own homes. One of the hardest parts of engaging in therapy for the average person is getting into a therapist chair at a time that is not conflicting with work and life schedules. Most therapists keep standard office/business hours. This limits the time that you can see your therapist and often includes taking off from work or can interfere with family/ social engagements. Mental health care should not hinder a person's life but enhance it. Another bane for therapy can be the distance the person may have to drive to their desired therapist. This could tack on up to two hours to drive time especially in a larger city such as Los Angeles or San Francisco. By removing the one of the many barriers to mental health, psychologists can access a larger amount of the population to ensure that everyone has access to care. This session will discuss the pros and cons of the teletherapy industry focusing on innovation and future efficacy.

Biography

Roxann Wright is currently the Clinical Forensic Psychology Doctoral candidate at The Chicago School of Professional Psychology– Los Angeles. He holds a Bachelor's degree in Psychology for the Helping Professions and a Master's in Forensic Psychology. She is a member of the Golden Key and Psi Chi Honor Societies. She currently works as a therapist with court ordered clients at the Ness Counseling Center, a non-profit for court ordered and voluntary low income client. She will soon be joining the San Fernando Valley Mental Health Centers for Older Adult Services, providing mental health care for the elderly. She hopes to work for the court system, correctional system and/or law enforcement in the roles of assessment and psychological services upon graduating.

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