

PAYMENT FOR ELECTRONIC THERAPY

Telemedicine/Telehealth

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Therapy through Skype or other electronic media is available.

We are in the age of computers, emails, and other electronic media, and health care is quickly becoming a part of the electronic age. Beginning with the 1996 Telemedicine Development Act, the State of California developed standards for use of telemedicine, including provision of psychotherapy services. Telehealth makes therapy available to those who otherwise would not or could not find accessible providers.

There are some significant aspects of telehealth psychotherapy that are advantageous to the consumer, including:

1. People who live in remote areas without psychotherapy services
2. People who live in areas where specialists are not readily available to them
3. People who are unable to travel because of disability or limited access to transportation
4. Other reasons that make remote psychotherapy more advantageous

Dr. Barnard provides therapy services via telehealth. The preferred method is through Skype, where sessions are set up via appointment just as any other therapy appointment would be. If the person is in an area where Internet services are unavailable, the session may be conducted via phone; however, the lack of visual contact creates obvious limitations on the ability to observe eye contact, body language, and gestures that can be an important aspect of therapeutic assessment and direction.

Some of the limitations of telehealth include:

1. Security of technology
2. Confidentiality concerns
3. Breakdowns in technology or interrupted services
4. Inability to assess body language

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Because of ethical concerns, this service is offered only to those who live in California, where Dr. Barnard is licensed.

Fee for telehealth (electronic therapy) is \$80 per session (50 minutes).

Payment must be made ***in advance*** through Pay Pal account. If you have to cancel your session, you must do so at least 24 hours in advance of your scheduled appointment. The advance fee will then apply to the next session. If you cancel late, you will be charged for the session and forfeit your advanced paid fee.

Contact Dr. Barnard today if you would like to be assessed for suitability for electronic therapy.

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