TELEHEALTH FOR INDIVIDUALS

Can I attend teletherapy from my car?

Yes! A parked car can sometimes be one of the most private places available, and I would rather work with what is realistic than demand a perfect setup. However, you must be safely parked and stationary throughout the session. **I cannot provide therapy while you are driving.**

Keep in mind that we naturally adjust our emotions and behavior to our surroundings. If you're worried someone may walk by, overhear you, or look through your window, you may hold back without realizing it. Privacy matters because therapy sometimes asks us to be vulnerable.

Can I attend teletherapy when I'm traveling outside Arkansas?

You must be physically located in a state where I am legally authorized to provide therapy. Currently, that means Arkansas.

If you'll be traveling outside Arkansas, please let me know before your appointment. We may need to reschedule until you return.

Can I attend teletherapy from a public place?

Generally, no. Therapy requires a reasonable expectation of privacy, meaning others should not be able to overhear our conversations. Coffee shops, restaurants, waiting rooms, or other shared public spaces are not appropriate for therapy. However, a private office, bedroom, or parked car may work just fine.

You do not need perfect privacy, but you do need enough privacy for us to protect your confidentiality and do meaningful therapeutic work.

What if my children interrupt or I need to step away?

Life happens! Children need attention, pets interrupt, someone knocks on the door, and sometimes you need to step away for a moment.

These occasional interruptions are understandable and usually manageable. We can pause and resume when you're ready. However, if interruptions become so frequent that we cannot maintain confidentiality or meaningfully engage in therapy, we may need to reschedule or explore a better arrangement.

Can someone else be in the room with me?

Yes, particularly if having someone nearby helps you feel safe or supported. I welcome support people, especially when their presence makes starting therapy feel less intimidating.

However, someone who initially helps you feel comfortable may eventually make it harder to explore difficult feelings, disagree, cry, discuss relationships, or speak without worrying about their reactions.

Sometimes, the most helpful thing a support person can do is give you space.

We can discuss their presence, clarify their role, and decide together when having them nearby is helpful and when privacy might better support your progress.

What if the video connection stops working?

Technology does what technology wants sometimes!

If we lose connection, we'll attempt to reconnect. When clinically appropriate, we may continue briefly by phone. If the connection remains unreliable or interferes with our ability to provide therapy safely and effectively, we may need to reschedule.