

Teletherapy FAQ

What is teletherapy?

Teletherapy is therapy through an electronic platform where each participant is in their own separate space.

Who can sign up for teletherapy sessions?

Anyone who is part of the Equestrian Connection community can sign up! This includes staff, volunteers, clients, and their families.

What if I don't feel comfortable with the teletherapy inquiry on Equestrian Connection's website?

If you know a therapist and have means to appropriately contact them, you can reach out to that therapist directly to schedule teletherapy sessions.

How long is a teletherapy session?

The session length can vary depending on what support you are looking for. The sessions can range from a brief 10 minute check-in to a 30, 45, or 60 minute long session.

How does art therapy via teletherapy work?

Just like in-person art therapy, art therapy via teletherapy focuses on the process of making art! Sessions have typically involved each participant making art and sharing about their artwork at the end of the session. The therapist and artist may have to creatively address different aspects of sessions, such as inviting someone into the session for support manipulating a material, using a limited amount of materials, or using nontraditional forms of art. The process of creating art may be different, but the artwork is still the focus.

What options do I have for teletherapy sessions?

a) There are a wide range of options for teletherapy sessions. Some common platforms are Zoom, Skype, Facetime, Google Hangouts, and phone calls.
b) If you feel uncomfortable with the video aspects of teletherapy, you can utilize teletherapy via phone calls. You also have the option to turn off the video feature on video platforms like Zoom, Skype, Facetime, and Google Hangouts.

What if I am unsure if teletherapy will be supportive to me or my loved one?

If you are unsure if teletherapy will be supportive, you can always set-up a session to meet with a therapist, gather information, and see what a session might feel like. If you meet with a therapist and do not find teletherapy supportive, there will be no pressure to continue teletherapy. The therapist will be supportive of your choice!

How do I sign up for teletherapy sessions or gather more information?

a) You can call Equestrian Connection's office at **847-615-8696** or email

info@equestrianconnection.org. A therapist will respond to your inquiry.

b) There is a telehealth inquiry link on Equestrian Connection's website. If you have previously been supported by a therapist at Equestrian Connection, there is the option to put their name in that link. You will then be contacted by a therapist from the mental health team to schedule a session.

Will my information remain private?

Yes! Your information will remain private, as teletherapy is still protected by HIPAA.

Do I have to commit to long-term or weekly teletherapy sessions?

No! You can schedule a teletherapy session as needed. You can also schedule consistent teletherapy sessions. You and your therapist will work together to determine what will best support you.

What if I want my artwork from Equestrian Connection?

You can contact your art therapist and discuss options. You cannot show up Equestrian Connection and gather your artwork.

I have heard about privacy issues with Zoom. What steps are being taken to ensure privacy?

Great question! When using Zoom, the therapy team has the option to:

- Set a unique, one-time meeting ID
- Set a unique, one-time meeting password
- Utilize a waiting room where the meeting host can see who is requesting to enter the meeting and will allow access only for those who should be in the meeting
- Not post the link, the ID, or the password to social media

If Zoom feels unsafe, the therapy team is willing to use a platform that you are comfortable with.

What if Equestrian Connection opens and I feel uncomfortable returning to the barn? Will teletherapy still be an option?

Yes! Equestrian Connection and the therapy team want to support you in whatever ways feel comfortable to you. Teletherapy will be offered for the foreseeable future, given it is appropriate for you and an available option for your therapist.

As always, please reach out if you have any other questions or would like to hear more!