



Online Therapy

With the ongoing covid-19 pandemic situation and changing social distancing regulations, we have been thrust into a unique position for change. Now into the third year of the pandemic, we have become better attuned to juggling online learning for our children, working from home while still trying to maintain a connection with those around us and at the same time following the changing social distancing rules. At SPOT we are hoping to use this opportunity to provide our services to those in need during these challenging times and with that in mind, SPOT has expanded its services to online therapy for those that we are unable to support in person.

Research has shown that the continuation and consistency of the therapy process is essential to the effectiveness of therapy and never more so than now during these challenging times. Online therapy has been proven to be as impactful as face-to-face therapy when used correctly and the following benefits of online therapy have been identified in research:

- Allows for access to therapy during the pandemic
- Flexibility of booking sessions during times of illness or other limiting factors such as social distancing and/or mandatory quarantine
- Access to health services for under resourced communities
- Flexibility as to where and when therapy can take place (can do it from home, office, outdoor area)
- Continuity and consistency of services
- Cost savings (reduces commuting costs and time off work to get there)
- Confidentiality and privacy
- Access to your choice of expert/ health professional as location is not a limiting factor

What can telehealth look like?

- Direct support for clients and their families
- Individual and group therapy sessions with trained professionals
- Online assessments
- Family support and empowerment
- Educational webinars

While many of our therapies are hands-on and more physical, these skills can be transferred with great success to online therapy sessions. Through online therapy, therapists are able to deliver interactive therapy intervention, consultations, and educational programs with the same evidence-based principals as face-to-face sessions.

Online therapy provides therapists with a unique glimpse into our client's home environment allowing them to work with what is in the home to reach our client's goals making therapy applicable and relevant to each individual family. The focus of the sessions is on play not screen time and therapists will use creative tools and activities to enhance your child's engagement and learning during the sessions. Therapists will empower and enable parents to facilitate the sessions with their child helping them to reach their identified goals.

With an open mind, a willingness to learn, a fast and reliable internet service and a device (computer, tablet, iPad or phone), online therapy services provide an option to continue with therapy allowing our children to continue to learn and grow in confidence and skill.