

Psychological Therapy by Skype

Therapy by Skype is a convenient way for you to access psychological therapy without needing to travel to appointments. You can access therapy through your computer at home or any other private location where you have good Internet access.

Who is this useful for?

Therapy by Skype is convenient for people that have difficulty travelling to appointments either through distance, mobility problems, childcare commitments or simply a busy work schedule. Many of my clients use Skype to access therapy because they live in remote rural communities, or are expats living overseas, as well as busy city professionals who wish to have therapy at a time and place convenient to them.

What kind of presentations can be worked with by Skype?

Common psychological presentations such as depression, worry, stress and anger can all be worked with through Skype therapy. Research has shown that therapy through Skype can be particularly useful where feelings of shame or embarrassment make it difficult for a person to attend appointments in consulting rooms. The areas I work with by Skype include:

- Anger problems
- Panic
- Obsessions and compulsions
- Trauma
- Worry
- Depression
- Bereavement and grief
- Male sexual problems
- Sexual behaviour difficulties.

What would not be appropriate for Skype therapy?

In general Skype therapy is not appropriate where a person's life may be in danger through self-harming behaviour, harm to others or where there are concerns about the wellbeing of a child under the age of 16. Severe and enduring presentations that require a multidisciplinary team approach such as psychosis, unmedicated bipolar disorder or eating disorders where the person's life may be in danger are not appropriate for Skype therapy. Bipolar disorder is only manageable by Skype if the person is also engaged with a psychiatrist and compliant with medication.

What will you need for Skype therapy?

You will need Internet broadband and a computer with camera and audio. It will be useful if you have used Skype before, but clients who have never used Skype before soon get the hang of it. You will need an email address and access to Internet banking for payments. You will also need to have a private space where you will not be disturbed during our 50-minute consultation.

How does it work?

The aim of Skype therapy is to provide you with a psychological consultation in the same way as attending a physical appointment. Through Skype video and audio you will be able to interact with the therapist in much the same way as when you attend a consulting room.

How do I pay for Skype therapy?

The standard fee is \$105 for a 50-minute consultation. You will be sent an invoice by email several days prior to your appointment. Invoices can be paid by Internet bank transfer, or you can use your credit card with Pay Pal. Receipts will also be emailed to you. You may need this receipt to claim from your health fund.

What if something goes wrong?

If you need to cancel your appointment, please give 24 hours notice. If you have already transferred the funds and cancel within 24 hours of the appointment I will refund the fee to you, or we can simply reschedule to another time.

If you are late, your session will still need to end 50-minutes after the appointment time so that I'm not late for other clients. I cannot answer your calls outside the appointment time.

If there is a technical difficulty, either through a poor connection or absence of Internet service, I will refund the fee or reschedule the appointment.

What appointment times are available?

My appointment times are Tuesday evenings, Thursdays all day.

Tuesdays: 6pm to 11pm (last appointment 10pm)

Thursdays: 7am to 10pm (last appointment 9pm)

To make a booking

Call Practice 92 on 09 638 9804

Dr Mike van Dijkhuizen

www.psychologistnz.co.nz