

Insights Into the Benefits of Online Therapy During COVID-19



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In a year where traditional methods of communication and care have been disrupted by a pandemic, it's become clear that online therapy has proven to be a vital mental health tool for millions of Americans who face logistical, budgetary, and time constraints. The following insights from our client care during the COVID-19 crisis illustrate how beneficial online therapy can be for not only individuals, but couples and kids of all ages.

Georgetown Psychology's Approach to Online Therapy

Online therapy at Georgetown Psychology "meets you where you are" with the benefit of flexible scheduling in the privacy of your own home, office, or anywhere in-between. You can communicate with your therapist via audio or video using our HIPAA-secure platform, which can be accessed from your phone, tablet, or computer.

You can utilize our following services via online therapy:

Acceptance and Commitment Therapy (ACT)	Cognitive Behavioral Therapy (CBT)	SMARTtherapy	Play therapy
Art Therapy	Psychodynamic therapy	Parent Coaching	Trauma-informed care





The benefits of online therapy include:

It's Effective:

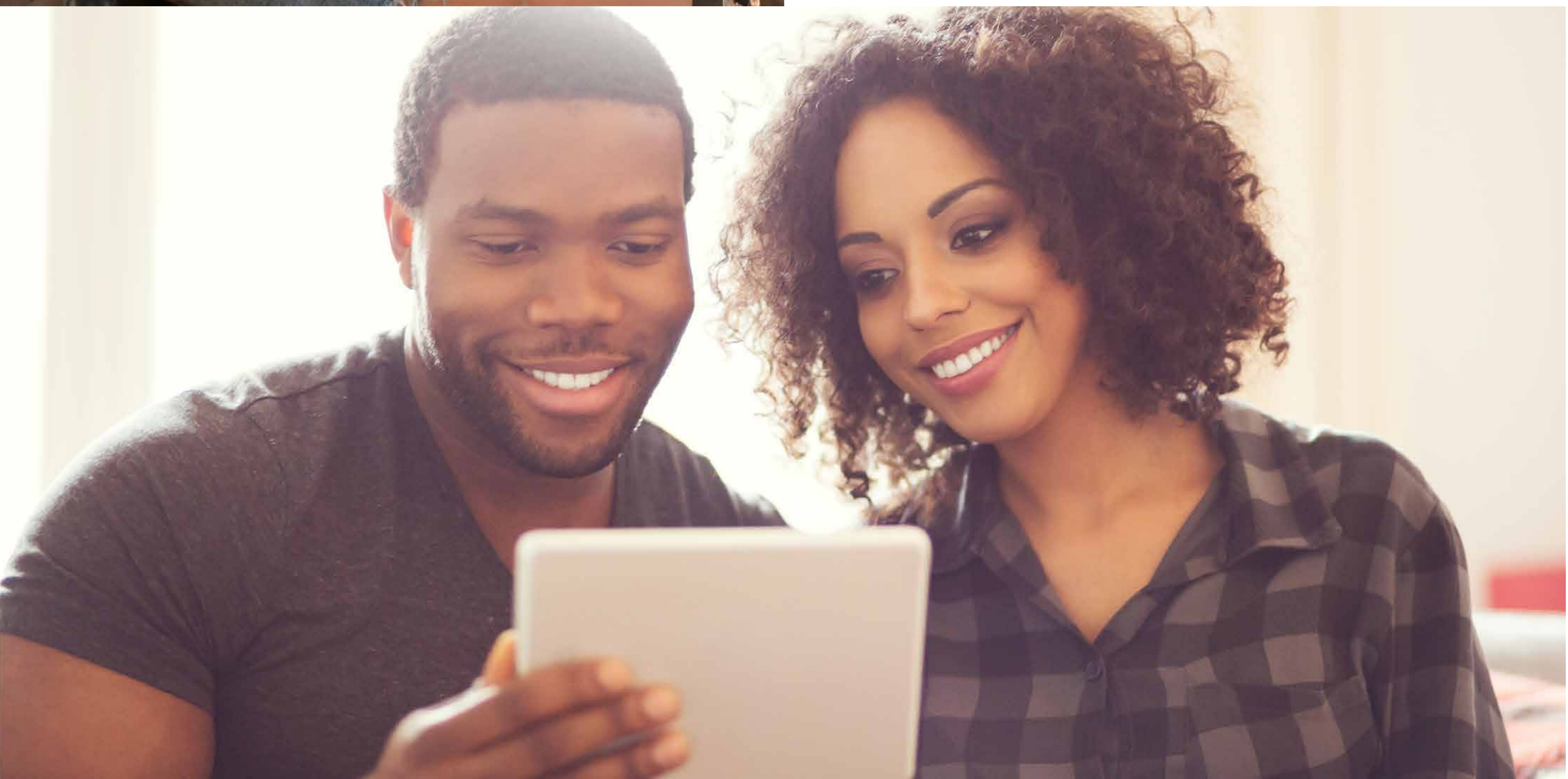
Online therapy works. A 2013 meta-analysis that summarized data from many sources found that [therapy delivered via teletherapy was as effective as in-person therapy](#) in treating depression.

Convenient access:

It can be hard to make time for therapy between family, work, and the countless other responsibilities that seem to make our lives so hectic. When you can connect with your therapist from home, while on your lunch break, or in the privacy of your dorm room, it's a lot easier to find the time.

Safety without sacrificing care:

The COVID pandemic and fear of being in public settings has caused millions of Americans to avoid in-person care. Online therapy lets you practice social distancing – protecting your physical health without sacrificing or limiting your mental health care.



5 Insights into Benefits of Online Therapy During COVID-19

The 2020 pandemic created a need for social distancing that unfortunately led millions of Americans to put their mental healthcare on hold. Having access to therapy during a time with such high levels of stress and anxiety has never been more important, which is why we've expanded our online services to meet the wide range of our client's needs during COVID. Here are 5 key benefits of online therapy we've learned along the way.

1. Positive Impact on Relationships

It's a popular belief that spending more one-on-one time together is beneficial for a relationship. However, many couples have never spent as much time together as they have during quarantine. And they are finding too much closeness, especially under stress, can make a couple feel farther apart than ever.

Whether you are a couple or parents raising a family together, the importance of healthy communication and coping skills is critical.

Online therapy lets you access remote guidance and counseling to help you navigate mental health as individuals and as a couple. It also allows you the flexibility to connect within the confines of your schedules, so you can be 'together' even when you're physically separated.

When you take control of your mental health as a couple, you set a foundation that allows the rest of the family to follow suit.

2. "Screen time" allows for meaningful connections with kids



Young children are typically very adaptable and resilient. But even the most resilient kids may struggle to communicate their feelings when life is this disruptive.

Usually, the best practice is to limit your child's screen time during the day. However, living through COVID-19 has forced everyone to adopt the opposite mentality. It's required kids to depend on a screen for connecting with family, friends, and school.

Luckily, the familiarity with interacting online translates seamlessly into online therapy. Studies have shown that children can pay attention and engage in online therapy at much younger ages than anticipated. [A 2018 review found that there is a benefit to online treatment](#), specifically cognitive-behavioral therapy, for children with ADHD when access to in-person therapy is not available or cannot be accessed in a timely manner.

3. A comfortable environment that helps young adults thrive

It can be challenging to get teens and young adults in college to participate in therapy. Even when you find time in everyone's schedule to get them to a session, the level to which they might open up and engage is questionable.

Online therapy changes that by giving teens access to therapy that "meets them where they are", using a familiar communication style. Some teens are more comfortable in situations where they feel in control of their surroundings such as the privacy of their home or dorm, versus sitting in front of a therapist in an unfamiliar office.

Some young adults may find themselves more comfortable sharing personal details online rather than in person. Given the added stress of the isolation and disruption caused by the pandemic, that ability to connect can be invaluable to their well-being and ability to thrive.

4. Online therapy is expanding beyond video

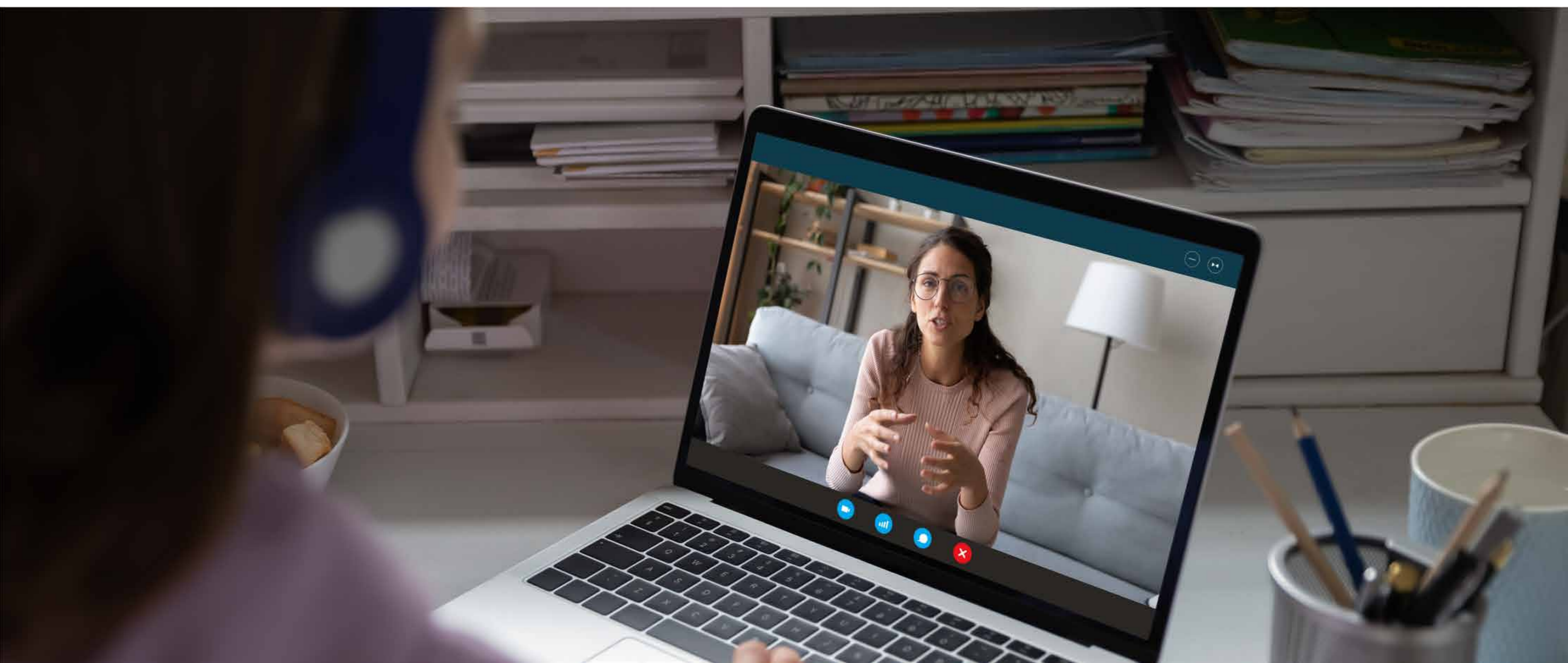
Even though technology like Zoom, Teams, and Facetime have made it easier for people to connect during quarantine, many are still uncomfortable on camera, adding yet another barrier to traditional telehealth solutions. The good news is that online therapy doesn't just mean video conferencing. If you prefer, you can simply take a call.

Phone therapy sessions can be effective and are more flexible and convenient. For some, taking a walk or sitting comfortably in a dimly lit room while talking to their therapist on their phone allows them to open up even more than facing a camera.

There is a benefit to video in that the therapist can notice and better interpret important body language changes. However, while less apparent, an experienced therapist can catch changes in your vocal tempo, inflections, tone, and other patterns to make the similar inferences.

5. Convenient = Consistent

No matter the method in which you engage, there's no doubt that the most beneficial therapy is consistent therapy. The ease of access and implementation of online therapy offers those engaged with the service a powerful resource to support on an on-going basis. When access to care is comfortable and convenient, people are more likely to maintain their therapy practice.



About Georgetown Psychology

Georgetown Psychology goes above and beyond in mental health care with an integrative approach and over 20 years of experience. Our whole-family approach provides the most effective evaluation, treatment, and continuum of care for everyone, including adults, teens, and children.

Reach out to our **Bethesda (301-652-5550)**, **Georgetown (202-333-6251)**, or **McLean (703-556-6655)** locations to learn about our intake and treatment process.

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