

SOULCURE: THERAPY WEBSITE

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Guide: Ms. Lisha Varghese

1. Project Overview?

This project is a website that promotes users' physical and emotional wellness by utilizing numerous therapeutic practices such as physiotherapy, music therapy, family therapy, and others. Users can select the type of assistance they require, and it offers convenient appointment scheduling and round-the-clock support. The platform's goal is to promote holistic health and well-being for people seeking therapeutic therapy.

2. To what extend the system is proposed for?

The system is proposed to cater to users' needs in terms of physical and emotional health. It aims to provide a wide range of therapeutic techniques to support holistic healing and well-being. The proposed system intends to offer comprehensive assistance and expert guidance to help users overcome various health challenges and improve their overall quality of life.

3. Specify the Viewers/Public which is to be involved in the System?

- Patients/Individuals seeking therapeutic treatment and support.
- Therapists providing their services through the platform.
- Administrators managing the system's functioning.
- Article Writers/Editors contributing content for the website's blog and articles.

4. List the Modules included in your System?

- Physiotherapy Module
- Music Therapy Module
- Family Therapy Module
- Meditation Module
- Questionnaire Module
- Blog and Articles Module

5. Identify the users in your project?

- Patients/Individuals seeking therapeutic treatment and support.
- Therapists providing their services through the platform.
- Administrators managing the system's functioning.
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6. Who owns the system?

Administrator

7. System is related to which firm/industry/organization?

The system is related to the healthcare and therapy industry.

8. Details of person that you have contacted for data collection?

- Rani Sunny (Health Counsellor)
- BetterHelp (Online Therapy Website)

9. Questionnaire to collect details about the project? (min 10 questions, include descriptive answers, attach additional docs (e.g. Bill receipts, certificate models), if any?)

1. What are the common therapy techniques you use in your current offline practice?

Answer: I frequently use behavioural therapy and mindfulness techniques in my practice.

2. How do you handle emergency situations or urgent therapy needs in your offline setting?

Answer: In case of emergencies, we have a crisis support helpline and an on-call therapist available

3. Do you primarily work with a specific group of patients in your offline practice?

Answer: Yes, I mainly work with adults aged 25-50, but I also have experience with adolescents.

4. How do you keep track of patients' therapy progress and treatment plans in your current offline practice?

Answer: I maintain patient records and session notes in physical files, which I update regularly.

5.What difficulties do you encounter in keeping patients engaged and motivated during face-to-face therapy sessions?

Answer: Some patients may struggle with consistent attendance, and others may find it challenging to stay motivated to work on their therapy goals outside of sessions.

6.How can an online therapy platform help address the geographical barriers that may limit access to therapy in offline settings?

Answer: An online platform can offer therapy to patients in remote areas or those with limited transportation options.

7.What features or functionalities do you find most valuable in your current offline hospital or clinic setting for providing therapy services?

Answer: As a therapist, I find the personalized and face-to-face interactions with patients to be the most valuable aspect of the current offline hospital setting. This allows for better understanding and empathy during therapy sessions.

8.In what ways do you believe an online platform can enhance your therapeutic services compared to traditional offline settings?

Answer: An online platform can enhance therapeutic services by expanding our reach to a wider audience, offering flexibility in scheduling appointments, and enabling convenient remote therapy options for patients who may have difficulty attending in-person sessions.

9.What additional features or tools would you like to see on the website to support your therapy practice effectively?

Answer: Additional features like integration of therapy progress tracking, session notes, and virtual whiteboards for therapeutic exercises would greatly support my therapy practice.

10.Are there any specific challenges you foresee in transitioning from offline therapy to online therapy via the website?

Answer: One challenge in transitioning to online therapy may be adapting therapeutic approaches to the online medium effectively. Training and support may be required to ensure a smooth transition.

11.How can the website ensure a seamless and efficient appointment scheduling process for therapists and patients?

Answer: Implementing a user-friendly booking system with calendar synchronization and automated reminders can ensure a seamless and efficient appointment scheduling process.

12.What are your thoughts on incorporating virtual support groups or group therapy sessions on the website?

Answer: Incorporating virtual support groups can be beneficial, as they provide patients with a sense of community and peer support, which can enhance therapy outcomes.