



## *COURSE OVERVIEW VIDEO SCRIPT*

### **Telemental Health: Preparing for Your First Sessions**

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| SCENE # | VOICE OVER   | VISUAL & SOUND DIRECTION  | COMMENTS |
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| 1       | <p>If you've never participated in telemental health sessions, whether you are transitioning from in-person therapy or have never been in therapy before, you probably have plenty of questions. You may also wonder, as many do, if it can be as effective as seeing a therapist face-to-face.</p> <p>It is common to feel apprehensive about being able to connect emotionally with a therapist over a device. Or maybe you are unfamiliar with the technology or you do not wish to see yourself on screen. Perhaps you also have concerns about the level of privacy available through video chats.</p> <p>Not to worry, because we will address each of these common concerns, as well as highlight the benefits that come with using technology to seek help for your mental health.</p> | <p>Show character sitting at home at their kitchen table. Their cell phone, an open laptop, and a sheet of paper and pen are on the table in front of them. Headphones are also on the table and plugged into the laptop.</p> <p>Character looks worriedly at laptop, typing a little, looking at the time on their cell phone.</p> |          |

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| 2 | <p>Find a quiet, private place to have your sessions that is comfortable. If you are having a video session, consider facing a section of the room that is not distracting, like facing a window would be. This will help you stay focused on the screen as your clinician watches your face for visual cues. If you are in a place where you could be overheard, it might help to turn on a white noise machine and wear headphones, so that you can speak more quietly.</p> <p>To make sure you get the most out of your telemental health session, write down the issues you want to cover and keep this list nearby. Check the device that you will be using to make sure the camera and microphone are working well. Test the web browser, and internet connection for sessions conducted on your computer, and if you are using a wi-fi connection, check that it is private and password protected.</p> | <p>Have the character writing on their sheet of paper at the kitchen table. They then get up and walk over to a window to close the curtains.</p> <p>The character is typing on their laptop. Show the screen of the laptop. They click a camera icon and a video showing an image of themselves pops on and the character puts the headphones on. A popup shows on the screen in which the character types in their hidden password (*****). An internet browser is then shown.</p> |  |
| 3 | <p>Telemental therapy can be conducted on several different forms of digital communication, such as phone calls, texts, live chats, and video conversations. Generally, though, sessions using videos will help your clinician to better read visual cues and better understand you.</p> <p>If you are using your cell phone, remember to turn off any voice-activated assistants you may have installed, like Siri.</p> <p>If you are using a videoconferencing app, there are many that have encryption technology, making it completely private. Be sure to ask your mental health therapist about this, to ensure your connection is secure and HIPAA-compliant.</p>   | <p>Highlight and label the technologies being mentioned, using the cell phone and laptop on the character's table.</p> <p>Show the therapist's face on the laptop screen, and then the character reaches over to their phone to turn off Siri.</p> <p>On the laptop, the words "secure connection" can be seen as the therapist smiles at the character.</p>   |  |

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| 4 | <p>While it may take a while to get used to, there are many benefits to participating in therapy via technology, versus face-to-face sessions. For instance, having therapy sessions at the place of your choosing means not having to commute to a therapist's office. This in itself provides benefits such as spending less money on gas, not having to find childcare, or not having to ask for paid time off from your job. Sessions conducted in privacy outside of an office may also provide you the opportunity to show your emotions as much as you need to without having to pull yourself together to walk out of the therapist's office and then drive home.</p> <p>Using telemental sessions can give you access to specialists who are not based in your area. Technology also provides families and couples the opportunity to have sessions together even if they are not together.</p> | <p>Show character imagining a scenario thought bubbles. In this scenario, they are driving in traffic with a child in the backseat. They drop off the child at daycare and walk into an office looking stressed and disheveled. They walk out of the office wiping tears and go to their car.</p> <p>Show a thought bubble of character speaking to therapist in a white coat with medical degrees showing in the background. Then another thought bubble appears as character thinks of their family members.</p> |  |
| 5 | <p>Many people who use telemental health services report that they are very satisfied with it and find it just as effective as traditional counseling. Remote counseling can also be a great alternative for anyone who feels there is a stigma to visiting a therapist and would like to stay at home during their sessions, or if they are unable to leave home at all.</p> <p>Remember to give it time if you still feel uncomfortable or awkward opening up about your mental health issues over technology. Hopefully, though, you will find it to be an effective and beneficial option, particularly if your other options for in-person therapy are limited.</p>   | <p>Show character still with headphones on and talking to the therapist over their laptop.</p>   |  |

*\*Add more scenes as needed*