



What is Teletherapy?

by KIDSPEECH October 2021


Goode and Shinkle (2019) created the following definition of teletherapy:

“Teletherapy is the online delivery of speech, occupational, and mental health therapy services via high-resolution, live video conferencing.”

Teletherapy, also known as online therapy is therapy delivered through a virtual platform via a computer. If you’ve ever used FaceTime or Skype, it’s essentially the same thing – except more secure and with a qualified speech-language pathologist.

Teletherapy is beneficial for a range of people, for a diverse set of circumstances or experiences, including speech therapy.

It is worth noting that teletherapy will not prove beneficial for all individuals in all circumstances. We recommend this as the first step towards therapy, especially for those seeking it for the first time.



Teletherapy sessions work much the same way as traditional therapy sessions with only one significant difference – the speech-language Pathologist and the client are not in the same room.

We are ethically and legally bound by privacy laws to not share details about your teletherapy sessions with third parties, just as with face-to-face sessions. We ensure to be in a private and secure room before engaging in any teletherapy sessions. Sessions are not recorded or shared, unless with explicit agreement from the client.

In terms of the security of the software used, Kidspeech uses a platform that is fully encrypted, offering a high level of security and privacy.

How effective teletherapy is, really depends on the individual and their reasons for seeking therapy. Overall the research does support that teletherapy is just as effective as traditional face-to-face therapy for a range of circumstances. We can say from our collective clinical experience that our virtual sessions have been most successful to our clients.

Consent for this service is required.