

The Pros and Cons of Telehealth for Therapists

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Although therapists have been using Technology Assisted Counseling (TAC) for quite a while now, professional laws, rules and ethics are finally starting to catch up. TAC can be referred to in numerous ways such as telehealth, teleconferencing, video conferencing and more. TAC or telehealth encompasses phone and video sessions, email, and texts. This blog will be focusing on phone and video sessions specifically.