



# **A Practitioner's Guide to Telemental Health: How to Conduct Legal, Ethical, and Evidence-Based Telepractice**

*David D. Luxton, Eve-Lynn Nelson, Marlene M. Maheu*

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As telecommunication technologies and health apps become more ubiquitous and affordable, they expand opportunities for mental health professionals to provide quality care. However, physical distance as well as technology itself can create challenges to safe and ethical practice. Such challenges are manageable when following the best practices outlined in this book.

Providers can use videoconference and other technologies for assessment, treatment delivery, psychoeducation, supervision, and consultation. This practical guide covers each facet of telemental health care in turn, with emphasis on: conducting telepractice within legal, regulatory, and ethical boundaries; safeguarding clients' privacy and ensuring the security of their data; establishing a welcoming, safe environment and therapeutic rapport from a distance.

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