

TalkPath™ Live

THE EVOLUTION OF THERAPY

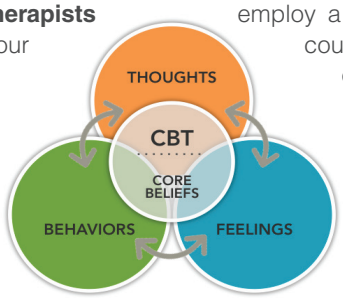
> *"Online communication is very comfortable for many people, especially younger adults or those who use technology often. More people are using [on-screen means] to communicate, and it can seem more comfortable or easier than talking to someone in person, especially when revealing personal or private information."*
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> *~ American Psychological Association*

BEHAVIORAL & MENTAL HEALTH COUNSELING

It's widely known that counseling and social work services for students who face behavioral and/or emotional challenges is an integral part of their holistic education and plays a vital role in equipping them with the mental stability, security, emotional well-being, and support they need to grow and to thrive, both inside of school and out. What might not be as well known, however, is the **undisputed efficacy of online counseling** to treat the particular issues that affect many school-aged students.

Telepsychology has been in practice for more than 20 years, and research into its effectiveness over that time clearly shows that not only are outcomes equivalent to (and sometimes even better than) those of traditional face-to-face therapy, but online delivery is actually preferred by some people with anxiety, proximity issues, and certain forms of autism. These individuals experience the **"online disinhibition effect"** (defined as the "loosening of social restrictions and inhibitions" that accompanies online interaction), making teletherapy the perfect vehicle for students reluctant to share sensitive information in person.

At TalkPath Live, we deliver top-caliber online teletherapy for students with IEPs in schools nationwide. Our diverse pool of talented, **state-licensed LCSW, MFT, and LPC therapists** employ a variety of approaches and techniques to target identified problem areas, but the cornerstone of our counseling model is **cognitive behavioral therapy**, an evidence-based practice informed by empirical research that's the most recommended line of treatment for children and adolescents. Solution-focused and action-oriented in the here and now, CBT imparts practical skills and coping strategies that lead our students to challenge distorted thinking and disrupt destructive patterns, to gain an understanding of the fundamental interconnectedness of their thoughts, behaviors, and feelings, and to learn to regulate their emotions with self-agency, empowerment, and confidence.



SERVICE FEATURES

- Completely secure & private platform
- Full HIPAA, COPPA & FERPA compliance
- Eliminates all barriers to access for any type of student located anywhere
- Highly qualified, state-licensed therapists with pediatric expertise
- Industry-best pricing, with discounts for small-group sessions

PROGRAM HIGHLIGHTS

- Fulfills all IEP requirements
- Personalized treatment plans & individualized progress monitoring
- State-of-the-art therapeutic methodologies & modalities
- Social skills training areas of concentration: peer role modeling, conflict resolution, anger management, empathy/perspective, effective communication, active listening, problem solving, group & family dynamics

YOUR SOLUTION TO THE DELIVERY OF RELATED SERVICES IN SCHOOLS

AFFORDABLE • CONVENIENT • EFFECTIVE • CUSTOMIZED

SPEECH THERAPY • OCCUPATIONAL & PHYSICAL THERAPY • BEHAVIORAL & MENTAL HEALTH COUNSELING / LCSW SERVICES • EARLY INTERVENTION SERVICES

FOR MORE INFORMATION:

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