

ACC Telepsychology(Zoom /Skype etc.)- When Not to use it with clients

Here is a summary of ACC guidelines of when they will not fund counselling in this way:

ACC is unlikely to fund telepsychology when:

- 1.Services are offered via bulletin boards, chat rooms, blogs, news groups or discussion groups.
2. Treatment and risk management plans are insufficient and do not:
 - show a clear clinical or practical rationale for the use of services via non-face-to-face contact
 - clearly identify the risks associated with the use of telepsychology services and show that these have been discussed with the client
 - provide a clear outline of how the risks associated with the telepsychology services will be mitigated.
- 3.Treatment plans appear to be anti-therapeutic or fostering avoidance or dependence.
4. The telepsychology is not to be used with a client who has a specific disorder where it is unlikely that telepsychology would be seen as appropriate. This includes clients who:
 - have disorders involving distortions of reality and/or significant dissociation
 - have a high risk of self-harm
 - require trauma processing for sexual abuse
 - are at risk from others because of violent or abusive interpersonal relationships