A Practitioner's Guide to Telemental Health

How to Conduct Legal, Ethical, and Evidence-Based Telepractice

Now in its second edition, A Practitioner's Guide to Telemental Health is significantly updated with coverage of current best practices, evidence-based recommendations, and attention to nuanced refinements of telemental health in the face of recent accelerated growth in the field, due in part to the Covid-19 pandemic. Telemental health, or TMH, has become integral to nearly all aspects of behavioral health service, including research and delivery of treatment, assessment, psychoeducation, training, supervision, and consultation. This has removed significant barriers to care access for many underserved groups; however, it also means that the field overall must build its capacity to provide TMH. This book is for seasoned clinicians as well as new providers preparing to enter the mental and behavioral health care professions. Its chapters provide a guide for increasing TMH competencies, which require keeping up-to-date with the scientific evidence base and ongoing collegial discussion with informed leaders in the clinical, ethical, and legal realms. Readers will benefit from the research presented, as well as the description of practical steps they can take to ensure they are providing rewarding, safe, and quality TMH care for their patients.



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