

Things To Know About
Telepsychology Sessions Via www.doxy.me/drtrask

Devices - Telepsychology can be conducted on computers, tablets and cell phones.

Browser – Microsoft Edge and Internet Explorer are not supported by doxy.me. You must install and use one of the browsers below.

1. Windows 10 users will need to run doxy.me on Google Chrome or Firefox.



2. Apple users can run doxy.me on Safari



3. Android users should run Google Chrome



My Location

1. I am licensed in the State of Michigan. I can conduct sessions with you via doxy.me while you are in Michigan.
2. I plan to use the software while I am in my office, although it is possible to work from other places.

Your Location

1. Make sure that you are in a private place where you will not be interrupted.
2. No one else should be with you unless we are doing couples or family work.
3. I will need to know where you are each time we begin for legal and ethical practice as well as your safety, each time you log in.

Documents

The paperwork needs to be read, filled out and signed prior to a telepsychology visit. I will tell you what I need during our initial phone call. Documents can be found on my website www.drjohntrask.com on the Helpful Forms page. If you can scan the completed documents to your computer, I will upload them during the session or you can send them as an attachment to my email jtrask166235@comcast.net. You can send them via snail mail if you do not have the ability to scan. I can also send you documents. Some insurance policies do not have a telepsychology benefit. You can check by calling the Customer Service number on your insurance card.

Sign ON

I will send you and invitation via email or your mobile phone just prior to the session. Log on to www.doxy.me/drtrask a few minutes prior to your session. You will be in an electronic waiting room. I will receive a notice that you are logged in. I will then bring you in to the therapy session when I am ready.

Appropriate

Telepsychology is not an appropriate platform for everyone. I would like to see everyone in my office for the Initial Session. Even if we are doing telepsychology for your treatment, I would like you to come in to the office once in a while. We will discuss that as the treatment progresses.

This is a new service. It offers a great deal of convenience while being an effective way to conduct treatment. Things, however, can and do go wrong with high tech. I ran some tests prior to going online for patients and ran into some of the things that go wrong. I have solutions for those problems. Please be near a phone during our sessions, just in case we have to use it to troubleshoot a problem or convert the session to a phone visit. Wait for me to call you so we don't get a mutual busy signal.