

# Karyn L. Aho, Ph. D.

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## Introduction to Telehealth and what you can Expect

With the concerns around the Covid-19 Virus and the need for Social Distancing, I have established a secure way to continue to have individual therapy sessions while maintaining separation of space. I utilize a program called “doxy.me” which allows encrypted video communication while maintaining privacy standards that meet HIPAA requirements. I have experimented with doxy.me and found that I can connect with people on many different platforms (which have included Google Chrome, FireFox, Safari, iOS, and Android).

I do want you to know that Tele-health has been studied as a platform for psychotherapy for over 30 years and it is an effective platform for psychological treatment. Especially in this time of challenge, uncertainty, change, and (frankly) fear, it is important for us to maintain this therapeutic relationship, to continue our work on what brought you into treatment in the first place and for us to work together through this uncharted morass in which we find ourselves.

You can connect with me by clicking on this link: <https://doxy.me/drkahe>

You will be asked to *check-in* by giving your name and clicking on the “**check in**” button.

The system will place you in a “**waiting room**”.

I will see you are in the waiting area and can then initiate the video connection.

For the best way to connect, you will need following:

- **A good internet connection.**
- **A laptop/desktop computer or a phone or mobile device.**
  - *If you use a phone or mobile device, please prop it up so that the device is stable, and the camera lens is roughly at the level of your eyes.*
- **A location where you are well lit, but not backlit by a bright light.**
- **A private, confidential space for you to be.**
  - *This can be challenging if you are living with other people who are also home due to the COVID-19 restrictions. Consider whether your conversation can be overheard or whether others will walk through the room you are in and take steps to ensure your privacy, perhaps by posting a sign or locking a door. You can also turn on a fan or other white noise machine so that our conversation cannot be overheard. You might need to be creative in establishing a space and you could consider using unfrequented spaces in the house like a walk-in closet, a basement or attic, or possibly using your parked car.*

Helpful hints:

- Make sure your mobile device is fully charged or plug it in to continuously charge while we speak.
- Be as close as possible to your router and maintain privacy.
- Close other programs you may have open.
- Be comfortable!

We may have some technical glitches along the way. If I lose the connection with you, especially early in our call, please re-enter the waiting room, if you are able. If we are having trouble establishing a connection, I will be calling from my cell phone number which is 541-543-9300.

If for any reason you need to cancel or reschedule your appointment, please feel free to contact me right away!

I hope this is a helpful resource for you during this time of change and please feel free to contact me with further questions.

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