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Week 1 Discussion

The field of psychology is broad, there are so many areas of psychology a person can get involved in: Forensic Psychology, Clinical and Counseling Psychology, Psychology of Criminal Behavior the options are endless. Prior to covid-19 society was able to get out and go to their destinations now it is a lot different we are in a space where we have to depend on technology. Pretty, much governors all over the United States are encouraging social distancing. As E-therapy becomes increasingly popular and widespread given the condition of our nation. Some people are cautious when it comes to consulting with a psychologist, telepsychology can reduce client stress and help enhance quality care.

Riopel (2020) defines telepsychology as "the usage of psychology services delivered via video conferencing" (Para.5). The National Institute of Mental Health defines a mild mental health disorder "as one where an individual has a small number of symptoms, whereas a moderate mental health disorder is when a person shows more symptoms affecting their daily life, and a severe mental health disorder is a mental, behavioral or emotional disorder resulting in serious functional impairment" (National Institute of Mental Health, n.d.). You may ask yourself how effective is telepsychology? *Gros et al. (2013)* conducted research on the effectiveness of telehealth for depressive and other mental disorders concluding that "telehealth may have numerous advantages over standard in-person care, including decreasing patients' and providers costs and increasing system coverage area" (pg.506). Gros et al. (2013) specified that in exploratory reports, effective costs, combining EPBS in TMH displays exceptional clinical efficacy, satisfactory needs of patient and providers supporting the continuous growth in using EPBS in TMH (pg.510). The services that the usage of TMH would be appropriate especially now with social distancing.

The APA suggests one way to prevent ethical challenges is to obtain informed consent including:

•   Explanation of the therapy process

•   Address any risks

•   Positive challenges that might occur

•   Any clarity of any alternative procedures that can be used for a certain client

•   An interest in response to a development upon choice.

Psychology professionals serves a large population depending on the type of psychology factors considering age, gender, socioeconomic status, religion, ethnicity, race, sexual orientation, disability, relationship status, etc., with the advance in technology in the means of having a session with a psychology professional. In the midst of covid-19, current technological and policy shifts is marketing; *Kolmes (2012),* mentions that psychology professionals are "blogging and using Twitter, Facebook, LinkedIn, and other sites to get their message out about the services

they provide and network with other clinicians" (pg.2). This shows that the influence of technology and social media plays a role in psychological research and practice.

Potential work settings where the use of technologies promotes ease and convenience for both psychology professionals and the population, they serve are clinical settings, or any type of psychology work settings. The potential responsibilities of the psychology professionals as providers of care with regard to the use of these technologies is similar to the APA Principles Code and Conduct such as maintaining boundaries, avoiding harm toward the client and psychology professional, confidentiality, etc., the increase in ease, convenience, and experience satisfaction for the parties involved outweigh any potential negative outcomes honestly, it may very given the times society is in we are in a time where we are currently going through and with adjustment comes time and patience.

References

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