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teletherapy including services delivered via telephone or videoconferencing has been shown to have similar outcomes to traditional in person therapy 12 13 14 15 16 17 teletherapy has been shown

jul 2 2021 how does teletherapy work in teletherapy a mental health professional conducts the session via phone videoconferencing or through a designated telehealth platform

information about telehealth for mental health services including potential benefits and drawbacks and factors to consider when looking for a provider

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