

NR 548 Week 3 Reflection

I read an article this week that surprised me by allowing me to see another side of telehealth or “telemental health” from a mental health provider standpoint. Although some findings have shown that by using technology- based interventions, patient outcomes are as comparable to having face-to- face interactions with patients, many practitioners are hesitant to use it (Lopez et al., 2019). Many mental health practitioners think that the therapeutic alliance can be adversely impacted by using telehealth because of the glitches that often happen with technology, and many patients may not even return for appointments if it is too tedious of a process (Lopez et al., 2019). It was interesting to learn, however, that many mental health patients were more satisfied and felt the therapeutic alliance was even stronger with this type of appointment than did the healthcare professional because they felt they could have faster access to their healthcare provider when they needed it most. I think that utilizing telehealth is going to be a golden opportunity to reach many people who do not currently have access to mental health specialists.

References

Lopez, A., Schwenk, S., Schneck, C. D., Griffin, R. J., & Mishkind, M. C. (2019). Technology-based mental health treatment and the impact on the therapeutic alliance. *Current Psychiatry Reports*, 21(8), 76–77.