

*The new Brief Telepsychology Service at the **Psychology Clinic at Queen's University** will provide short-term psychological services via video conferencing technology with clients in their homes. The service is designed for those struggling with adjustment or stress, and focuses on maximizing emotional and physical well-being by improving skills for coping with stress.*

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## The Psychology Clinic at Queen's launches Brief Telepsychology Service

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By Queen's Psychology

With the recent changes in our community due to COVID-19, **The Psychology Clinic at Queen's** was forced to suspend the majority of their services and began the transition to telepsychology (aka psychology services delivered by phone or internet). The Clinic has been continuing to provide support to individual therapy clients by phone and has transitioned the group for people experiencing perinatal anxiety to a videoconferencing platform. In an effort to support more people in the community, as well as provide clinical training experiences to Clinical Psychology students, the team at the Psychology Clinic began considering what new service they could provide that may meet some of the specific mental health needs associated with the pandemic.

The Brief Telepsychology Service will provide short-term psychological services via videoconferencing technology with clients in their homes. The service is designed for adults, children, youth and families struggling with adjustment or stress, and focuses on maximizing emotional and physical well-being by improving skills for coping with stress.

The service will be delivered on a secure videoconferencing platform initially to individuals and eventually, if demand increases, to groups. All clients will work with a team of two clinical psychology graduate students, supervised by a registered psychologist or psychological associate. The Psychology Clinic has 15 clinical psychology graduate students and 4 supervisors involved in the service, and all are feeling energized by the new learning, sense of community, and opportunity to make meaning in their own lives during this time.

“We are grateful to be able to launch this new initiative to support the physical and emotional well-being of our community”, says Dr. Stéphanie Boyer, one of the supervising Clinical Psychologists. “We are living in a time of great stress and uncertainty, with strong limitations on our ability to access and connect with our existing coping resources and supports.”

Clients will be offered four 30-minute sessions over a 2-week period focused on concrete problem-solving and skill building. Sessions may be group-based or individual depending on client needs. The service is available to people living in Kingston, Frontenac, Lennox & Addington.

“We are very thankful for the support of United Way KFLA and Community Foundation for Kingston and Area, who both agreed we could apply grant funds already dispersed for psychological assessment and consultation to support this service”, explains Dr. Tess Clifford, Clinic Director.

As with all of the services offered, the Clinic will be offering at least half of our Brief Telepsychology services at no cost to the client.

Dr. Boyer concludes, “Our aim is to provide individuals and families struggling with these changes with short-term, accessible psychological treatment to guide them through this difficult time.”

To find out more or to make a referral, please go to the [\*\*Brief Telepsychology Service page\*\*](#)