

BLUEPRINT

for starting an

Online Therapy or Online Coaching Practice

25 Questions
to Consider!

OFFERING QUALITY CONTINUING EDUCATION AND PROFESSIONAL DEVELOPMENT

 **ONLINE THERAPY
INSTITUTE**
BRINGING TOGETHER TECHNOLOGY AND MENTAL HEALTH

 **ONLINE COACH
INSTITUTE**
BRINGING TECHNOLOGY TO THE HELPING PROFESSIONS

Startup Blueprint: 25 Questions to Consider

Print this worksheet and make notes about what you know and about what areas require more information!

Questions to Consider

Yes No

Do you have a basic understanding of the historical timeline regarding the delivery of mental health services online?

___ ___

NOTES:

Have you read any of the professional literature and research regarding online therapy and coaching?

___ ___

NOTES:

Are you clear about the necessary skillset an online therapist or coach should have?

___ ___

NOTES:

Do you have an expectation that your client will have a particular skill level online?

___ ___

NOTES:

Yes No

Do you know what you will do if a client in crisis contacts you?

___ ___

NOTES:

Are you familiar with your responsibilities in maintaining a professional online presence?

___ ___

NOTES:

Do you know what items should be included on an online therapist or coach's website?

___ ___

NOTES:

Do you know what additional items you might include in your informed consent regarding the use of technology and social media?

___ ___

NOTES:

Yes No

Do you know how you will assess and plan treatment for an online client?

___ ___

NOTES:

Do you know what method of delivery you will use (email, chat, audio, video, virtual)?

___ ___

NOTES:

Have you had any training with regard to therapeutic relationships delivered via technology?

___ ___

NOTES:

Do you believe that online relationships are as real and impactful as in-person relationships?

___ ___

NOTES:

Yes No

Are you familiar with the Online Disinhibition Effect and how that might impact your work with clients?

___ ___

NOTES:

Do you know how to keep your client motivated between online sessions?

___ ___

NOTES:

Are you clear about your boundaries and availability online?

___ ___

NOTES:

Are you familiar with encryption strategies and solutions online?

___ ___

NOTES:

Yes No

Have you considered the costs associated with conducting online therapy or coaching? ____ ____

NOTES:

Will you charge a different fee for online therapy or coaching with proper justification? ____ ____

NOTES:

Will you practice in-person as well as online? ____ ____

NOTES:

Will you require an in-person session prior to seeing someone online? ____ ____

NOTES:

Yes No

Are you familiar with the nuances of text-only therapy or coaching?

___ ___

NOTES:

Have you thought about how your theoretical orientation or coaching model will fit (or not) with your preferred method of delivery?

___ ___

NOTES:

Do you know about local laws that may impact your online practice?

___ ___

NOTES:

Do you know whether your profession or professional organization views online therapy and coaching as ethical?

___ ___

NOTES:

Yes No

Are you familiar with “best practice” standards regarding the provision of online therapy and coaching?

____ ____

NOTES:



Blueprint For Starting An Online Therapy Or Online Coaching Practice



Training

[Introduction to Online Coaching](#)

[Introduction to Online Therapy & Supervision](#)

[Certified Cyber Therapist](#)

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For Additional Information

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