







According to the Online Therapy Institute, there are many guidelines suggest the minimum practices and standards required for ethical online therapy: **(1)**

* Therapists should only work within the scope of their practice. In other words, online therapists should only offer services that they are trained to provide.

• Online therapists should adhere to the laws and guidelines specified by their geographic location. For example, in the U.S., only individuals who have received specific training and have passed the required licensing process are legally allowed to call themselves psychologists.

• Therapists should obtain knowledge, training, and supervision in online therapy practices and techniques. This includes formal training (college or university courses), informal training (workshops and conferences), and clinical supervision (either face-to-face or online).

• Online therapists should have a solid understanding of technology. This includes how to use the tools required to deliver psychotherapy

online and how to ensure that client information remains private and secure.

1. Online Therapy Institute. Ethical framework for the use of technology in mental health. 2009.