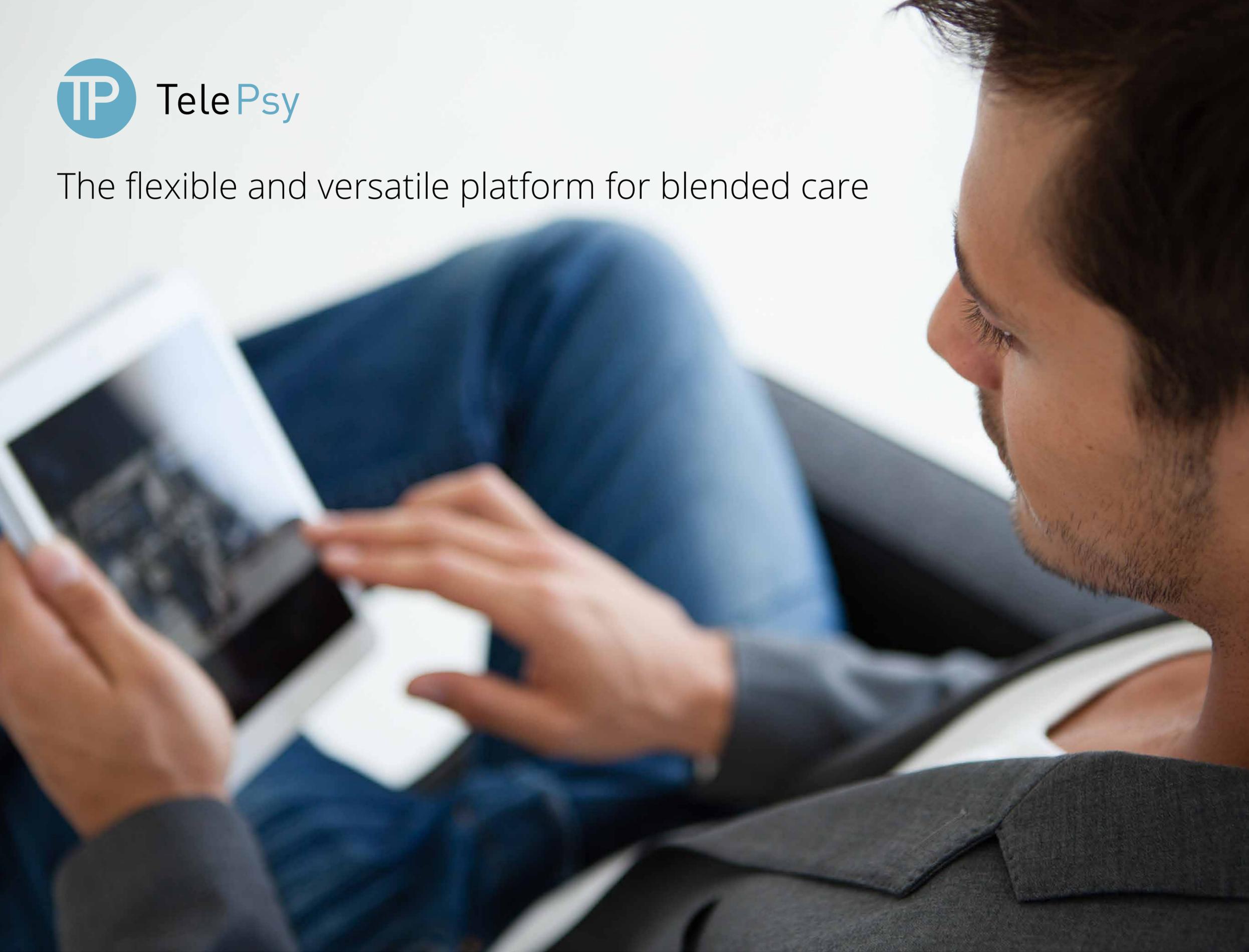
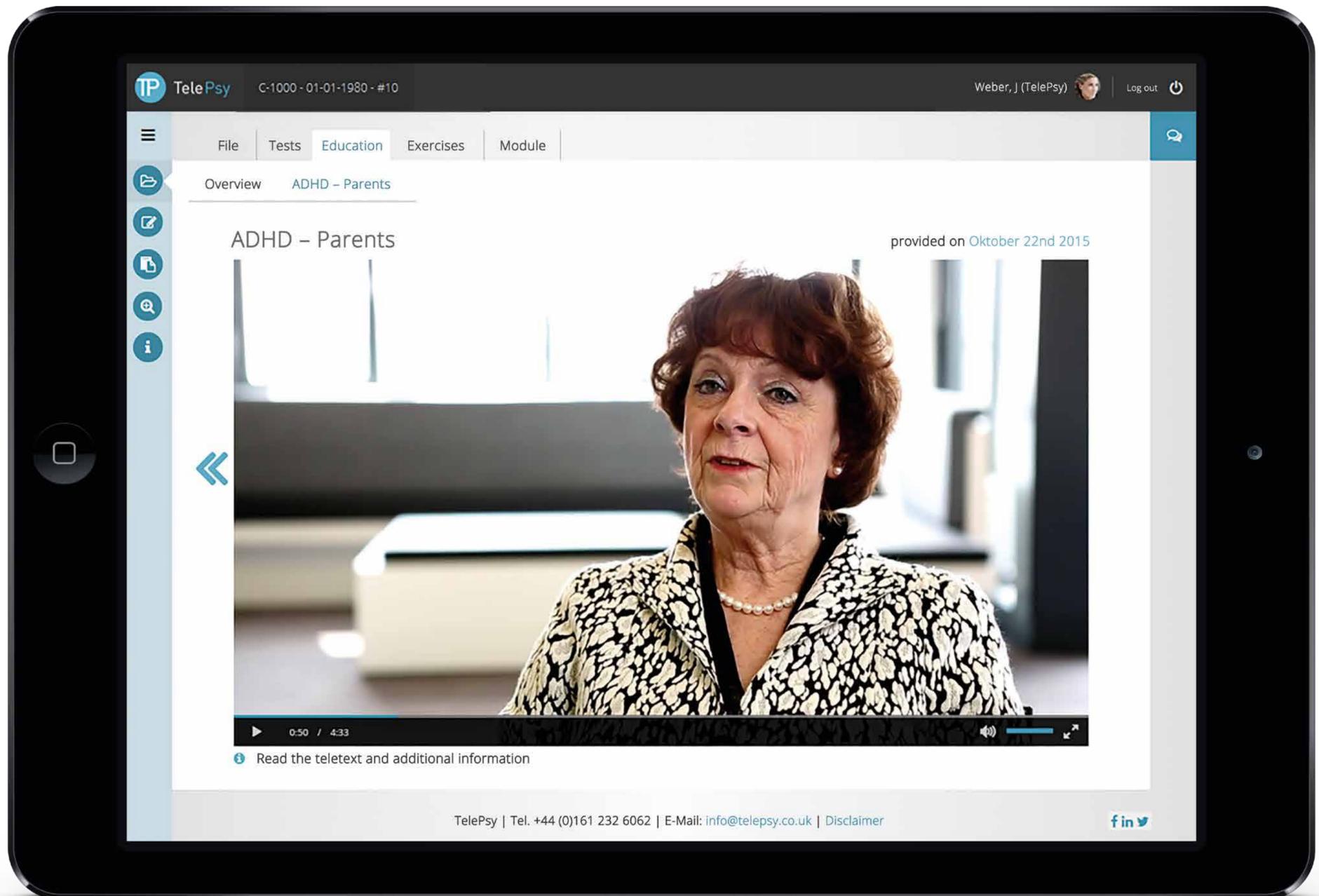




The flexible and versatile platform for blended care



TelePsy develops and manages an [Internet application](#) to benefit the [measurement](#), [monitoring](#) and [treatment](#) of psychological complaints. We offer healthcare providers a [platform](#) for communications with each other and with their service users. Our goal is to contribute to the improvement of healthcare quality by implementing [cost-saving, efficient innovations](#).



The TelePsy Platform

Digital toolbox

We are convinced of the power of personal contact, which we further by developing digital tools that support the treatment of and strengthen the therapeutic relationship with service users. We develop a new generation of eHealth that pivots on healthcare providers and their working methods. In adopting this principle, we avoid the pitfall of forcing therapists into a straitjacket: the flexibility our tools offer therapists supports and strengthens their working methods and therapeutic approach.

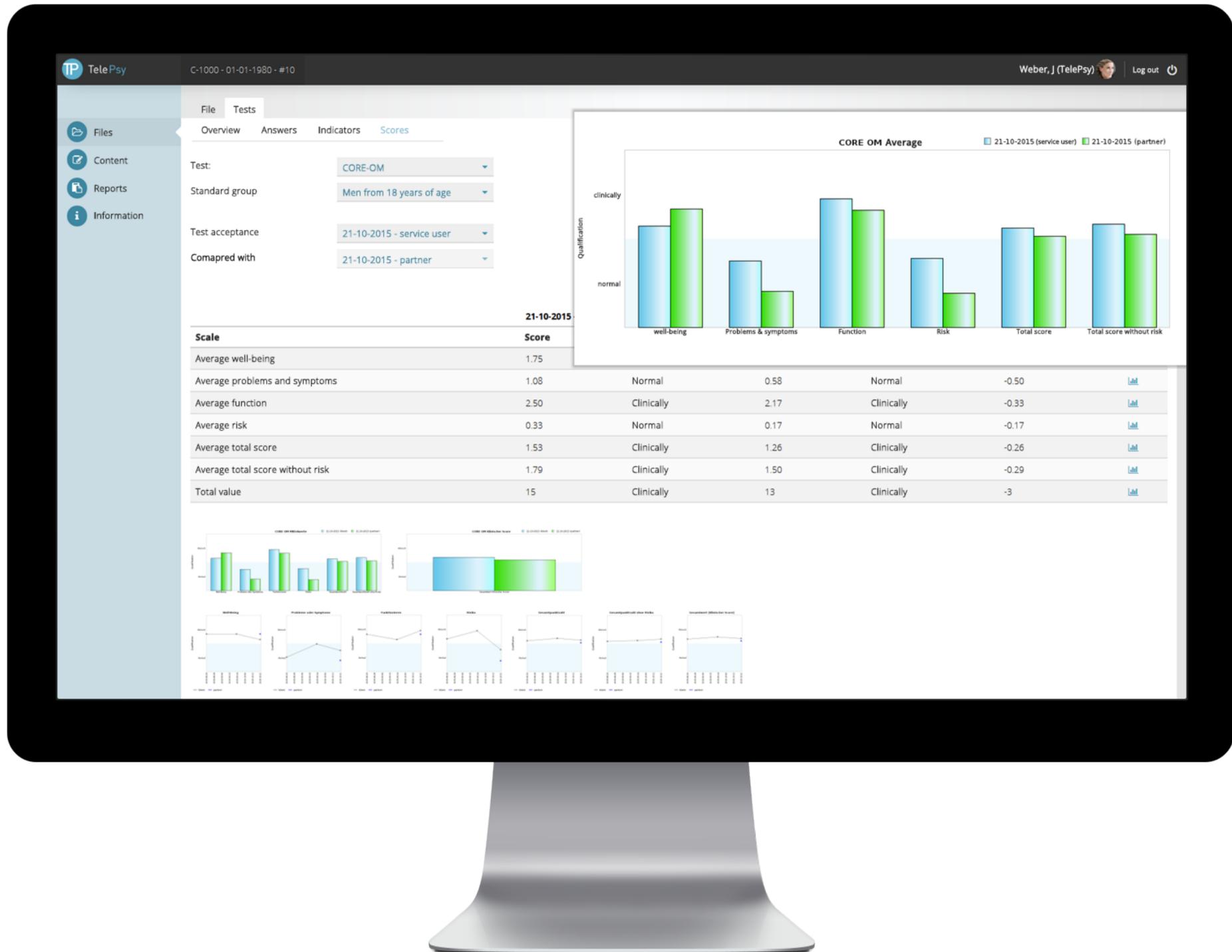
The result is a platform in the form of a digital toolbox with options for every type of treatment. Therapists have access to digital questionnaires, psycho-education, exercises, journals, modules and secure communications. The functionality and content of the flexible platform can be tailored closely to each treatment process. The therapist determines the amount of eHealth appropriate to the treatment and to the skills and needs of the service user. We work on the development of the content in cooperation with various universities and experts in the field.

User-friendly

We have devoted a great deal of attention to the presentation of the application and the content to ensure that healthcare providers and service users can work in a pleasant environment. The TelePsy Platform is also easy to use by persons who are less familiar with digital tools.

Data protection

The secure online TelePsy Platform is accessible anytime, anywhere. Information exchanged between healthcare providers and service users is fully encrypted. We are bound by and comply with the prevailing privacy legislation. The TelePsy Platform is regularly subjected to security tests by independent agencies. TelePsy has been granted ISO 27001 certification and the platform has CE marking.



Content and features

Questionnaires

TelePsy has digitized the customary standardised and validated questionnaires and integrate them in the platform. These include questionnaires for diagnostics, effect assessment (routine outcome monitoring) and user satisfaction. The results are presented in various forms. The raw scores are always displayed, together with standardised values including percentile ranks, T-values or 5-point scales when psychometric data is available.

The scores for repeated measurements are displayed as changes in score together with a classification of the change, such as 'recovery' or 'relapse', on the basis of the Reliable Change Index. All information is displayed in chart form for ready interpretation.

The TelePsy Platform also offers various export options for test results that can, for example, be used for the rapid and simple import of results in a report or a letter of referral.

Psychoeducation

Easy-to-read texts and high-quality video material have been developed for the most frequent problems and disorders. Experts interviewed in the videos on questions including 'What are the implications of this disorder?', 'What are the symptoms?' and 'Which forms of treatment are available?' Experts working with specific therapeutic approaches explain their treatment method.

Service users and their relatives/helpers can use the platform's psychoeducation to obtain information in a trusted environment. This information helps them to understand their complaints and how they can be treated.

Training

TelePsy organises on-site, central and online training sessions. Our training sessions are intended for psychiatrists, GPs, clinical psychiatrists, psychologists qualified in psychotherapy, neurologists, doctors specialising in psychosomatic medicine and psychotherapy, and child and youth psychotherapists.

Quality through
innovation

Content and features

Exercises

Exercises are an important element of most treatment protocols. The TelePsy Platform offers practitioners access to key exercises from various schools of therapy, including exercises in Cognitive Behavioural Therapy, Schema Therapy, Mindfulness, Acceptance and Commitment Therapy, Solution-Oriented Therapy and Positive Psychology. These are accompanied by video and audio fragments that improve accessibility for service users.

Modules

TelePsy modules offer a means of providing service users a treatment or elements of a treatment without the involvement of the practitioner. TelePsy offers both self-help and blended treatment modules. Blended treatment modules include online tools to support face-to-face treatment. The Platform's blended modules are divided into submodules for optimum flexibility: practitioners can choose between the full module and the use of relevant submodules. The modules contain videos of interviews with experts and experiences of other users that improve accessibility for service users.

Journals

Digital journals can clarify and offer in-depth insights into the life of the service user. Service users can record their thoughts and behaviour in a digital journal so that they can learn from their experiences. Changes are displayed in charts and can be shared with the healthcare provider. The journals available on the TelePsy Platform include thoughts, moods, anxiety, alcohol and stress journals.

Videoconferencing and chat

The TelePsy Platform offers video calling and chat functionality via TelePsy Messenger. Professionals can communicate securely with service users and colleagues and can send files up to 100 MB. TelePsy Messenger is linked to the TelePsy Platform and is also available as a separate app for smartphones and tablets.

More information

More information is available on our website www.telepsy.co.uk. You can also contact us directly via info@telepsy.co.uk or +44 (0)161 232 6062.

