
CAMFT ACTCF

The Canadian Association for Marriage and Family Therapy
L'association Canadienne pour la thérapie conjugale et familiale

PRIVATE ONLINE DISCUSSION GROUP

I am sure that most of you have experienced a considerable disruption to your work and personal lives in this past week. Coping with these changes is not easy, and many of us are the ones that others turn to in times of crisis. With this in mind, I created a **private discussion forum** for us to be able to talk, share our challenges and help each other in a virtual community. We are systemic, relational therapist, but we are also humans, and we all need community, especially in times of crisis. I will be keeping the discussion forum open on my laptop so that I am available to answer any questions you might have.

VIDEO CONFERENCING SOLUTIONS

I have had many questions regarding video conferencing solutions.

I recommended [Signal](#) and [Doxy.me](#) as the best of the **FREE options**. The problem might not be with the video conferencing platform, it might be your internet connection (minimum 4Mbps, router less than 5 years old & unlimited monthly usage - [Bell Fibe 50](#) is a good option and you get a new wifi router) or device (how old is your [computer](#)? Your iphone or ipad might be faster). I am in the process of trying to get us discounts and buying advice from Apple and [Canada Computers](#). For the fastest speeds, use an [ETHERNET CABLE](#) to [attach your computer to your router](#) and/or close down all other programs/apps on your device when doing a video session.

If you need a more robust and stable platform, then I suggest looking at the following **PAID monthly subscription** options. I have reached out to all three of them to see if I can get a CAMFT group discount. I will get back to everyone if I get favourable news. These are all my personal recommendations (not CAMFT's) based on my research and talking with others in the mental health and tech fields:

- [Zoom](#)

- The least expensive - USD\$15.00/CDN\$21.00 (bills in USD)
- Not HIPAA/PHIPA compliant but has a strong end to end encryption and is password protected which, in my opinion are the most critical elements to ensure confidentiality and meets [CRPO security requirements.](#)
- Widely used, very stable with clear audio and video if you have decent internet.

- [Noustalk](#)

- This is a full-feature online therapy and practice management platform
- Secure HIPAA/PHIPA compliant
- You can move your WHOLE practice online with this platform
- Canadian company
- \$\$ (they don't even publish prices on their website)

- [On Call Health](#)

- This is a full-feature online therapy and practice management platform
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ONLINE SELF CARE EVENTS FOR MENTAL HEALTH PROFESSIONALS

- Virtual YOGA class led by Shannon Harris

Thursday March 26th 11:00am-12:30pm EDT

Uses the [Zoom](#) video conferencing platform (the free version works fine for this)

Register [HERE](#) (FYI as of Wednesday morning there were only 60 spots left)

FREE- sponsored by [The Refuge](#)

As more options come up I will post them on the [CAMFT Facebook page](#) and in [the Discussion Forum](#)

CLIENT EMAIL TEMPLATE

I also created an [email template](#) for communicating with clients regarding how to proceed during the COVID19 pandemic. Please feel free to use it as is or modify it in any way you like. You will need to login as a member to access the template. Reminder: your user name is {Contact_Email}. Once you enter your password the file will be downloaded. Since this email was sent other documents have been added to the member section.