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ART OF MEDICINE

Teletherapy Ethics

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Abstract

Teletherapy services increased in popularity during the COVID-19 pandemic. This comic is based on interviews of 3 individuals who consider questions about patient-therapist interactions in individual and group therapy. Key ethics questions emerging from interviews this comic draws upon are the following: *How should patients' emotions be responded to by therapists during teletherapy? How should phone or screen-based media change mental health care interactions among therapists and patients in individual or group therapy? How should therapists create care environments in phone or screen-based meeting spaces? Which advantages and drawbacks of teletherapy are most clinically and ethically relevant from patients' and clinicians' perspectives?*

Figure. Detail from *Talking About Teletherapy*



[\(Click here to view the entire comic.\)](#)

Media

Digital in Procreate.

Teddie Bernard graduated from the School of the Art Institute of Chicago with a bachelor's degree in fine arts in 2023. Their editorial comics and graphic journalism have been recognized by the Society for Professional Journalists (Mark of Excellence, 2023), the College Media Association (2023, 2022, 2021), the Illinois College Press Association (2024), and the Associated Collegiate Press (2021).

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Conflict of Interest Disclosure

Author disclosed no conflicts of interest.

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