



Guidelines on Telepsychology

On February 16th, 2024, the College of Psychologists of New Brunswick (CPNB), adopted the CPA Guidelines on Telepsychology, developed by the Canadian Psychological Association (CPA), as an Advisory for Psychological Practice.

As an Advisory, these standards are not incorporated into the CPNB'S By-Laws and Code of Conduct, but are provided as advice to members regarding important issues to be carefully considered in offering telepsychology services.

Telepsychology relates to services provided both within New Brunswick and across jurisdictional boundaries. All members need to verify with other jurisdictions if contemplating services, in order to follow their respective requirements in regards to the delivery of psychological services/telepsychology.

The intention of these CPA Guidelines is to provide direction and support to Canadian psychologists in order to enable them to practice ethically, competently, and reflectively while engaging in a virtual environment. The Guidelines are designed to assist practitioners in the delivery of telepsychology services, with a primary focus on synchronously delivered services (delivery and receipt of service happen at the same time), while recognizing that mental health services and supports can be asynchronous (receipt of service happens at any time).

At this time, the CPNB has chosen to adopt the CPA Guidelines on Telepsychology as advice to members. These may be incorporated into the By-Laws and Code of Conduct in the future.

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