

9 WAYS TO LEVERAGE TELEHEALTH GROUP SESSIONS

There are many ways both patients and providers are leveraging telehealth group sessions. Tap into endless opportunities to build community and increase collaboration with these examples.

1

EDUCATIONAL WORKSHOPS

Conducting educational workshops allows healthcare professionals to share valuable information with a larger audience.

2

SUPPORT GROUPS

Telehealth is an excellent platform for facilitating support groups. Individuals dealing with similar health challenges can connect, share experiences, and provide emotional support.

3

THERAPEUTIC GROUP SESSIONS

A Virtual setting provides a safe space for participants to express themselves and benefit from shared experiences including mental health struggles like anxiety, depression, or trauma.

4

HEALTH AND WELLNESS CHALLENGES

Telehealth for nutritionists enables professionals to encourage healthy behaviors and lifestyle changes by organizing health and wellness challenges within group sessions.

5

CHRONIC DISEASE MANAGEMENT CLINICS

Regular check-ins, medication reviews, and discussions about symptom management can take place in a group setting for patients with chronic conditions.

6

FAMILY HEALTH SESSIONS

Telehealth group sessions allow families to share their unique perspectives and learn from each other while receiving guidance from healthcare professionals in a unit.

7

CRISIS INTERVENTION AND TRAUMA SUPPORT

Mental health professionals can lead sessions focusing on coping strategies, stress management, and resilience-building. The group dynamic allows participants to draw strength from one another.

8

INTERACTIVE WORKSHOPS FOR HEALTHCARE PROVIDERS

Conducting interactive sessions on new treatment modalities, emerging research, or best practices enhances collaboration and knowledge-sharing among healthcare providers.

9

WORKOUT OR FITNESS CLASSES

From yoga, pilates, and cardio, various types of classes can be hosted so participants can join from anywhere on a recurring basis.

Talk to SecureVideo to learn how we can host any of these group sessions and more to help your organization.