

To whom it may concern:

I am writing this in support of SB1022/HB5596. I am a Clinical Psychologist in private practice who has spent the last 12 months utilizing teletherapy to help my individual, couple, and family clients. Teletherapy made it possible for me to help my clients in the time of their greatest need as well as during my recovery from Covid 19. After several weeks of adjusting to this new way of meeting, my clients and myself settled down to working as we had pre-pandemic. In all of my over three decades of private practice, I have never seen so many clients struggle so hard and in some many ways as during the past year. These clients would have been without treatment if it wasn't for the expansion of teletherapy. As the vaccines roll out and the end of the pandemic seems insight, most of my clients have voiced a desire to continue with teletherapy as it fits their lives better than in the office sessions. My clients point to the pressures of work, school and childcare schedules as the main reasons for wanting to continue with teletherapy. Many of my clients long for the in person therapy experience but almost all would like a choice. I myself prefer meeting with clients in person but know that if I return to complete in person work many of my present clients who have developed a trusting relationship with me would no longer be able to continue meeting. I urge the passing of SB1022 and HB5596 as essential tools in helping serve the mental health needs of the community.

Sincerely,
Robert Citrin, Ph.D.
Trumbull, CT