What is the Goal of Video therapy?

iHope wants you to feel well as quickly as possible, and make your study abroad a successful experience for you.

All of the therapists at iHope want to make it easier for you to get effective treatment, wherever you are. We are really looking forward to working with you.
Why Use Video Therapy?

1) Easy to do: You need an internet connection, a device with a screen and video camera, and privacy. Most study abroad programs will offer the internet and privacy, and expect you to provide the smart phone or laptop with a camera.

2) Access: iHope offers therapy in most study abroad countries. Email info@ihopenetwork.com to find out if iHope is available in your study abroad country.

3) Fits Your Schedule: It’s easy to fit the appointment into a busy schedule

How Do I Get Therapy While I Study Abroad?

The counseling center at Brandeis can make a referral for you before you go, or you can use the online form or call iHope at 800-225-0634. iHope will call you right back and get you an appointment with a therapist in a week or less.

iHope offers therapy in most study abroad countries. (Contact iHope to see if your country is included.)

Is iHope Part of Brandeis?

iHope is a medical practice based in Massachusetts. It is not part of the Brandeis Counseling Center.

iHope prefers to provide collaborative care for members of the Brandeis community working with the counseling center at Brandeis.

iHope addresses all concerns with sensitivity to and respect for diversity and individuality. They maintain the strictest standards of privacy and confidentiality, and your therapist will discuss this with you when you first connect.

Why Contact iHope for Therapy While Studying Abroad?

Typical reactions to cultural transitions may include homesickness, boredom, fatigue, physical complaints, feelings of depression or helplessness, and/or hostility toward the host culture. However, these reactions are usually short-lived and completely normal. If you are experiencing more than typical reactions or if you would benefit from assistance with these feelings, please reach out to iHope and we will connect you with a therapist.

Who Pays for Video Therapy?

If you have insurance through Brandeis you are covered when you study abroad. United Healthcare and Harvard Pilgrim also cover video therapy. Many plans from Cigna and Blue Cross do as well, call iHope to find out. Your insurance may require a co-pay or have a deductible. You can also pay privately using your credit card, or pay with money in your FSA account.