

Preparing for a Successful Telehealth Therapy Session

Prepare Your Space:

Before attending a telehealth session with a therapist or counselor, here are some helpful tips to prepare:

- Make sure you are in a quiet space where you will not be disturbed or heard. This may be in a bedroom, home office, basement, a large closet, or even in your parked car.
- If you live with others, ask that they do not disturb you during your session time and that they refrain from using the Wi-Fi so that your connection is not slowed down.
- Consider putting a white noise machine, small fan, or speaker with music playing outside of the door to the room you will be in so that roommates or family members cannot overhear your conversation.
- Make sure the device you are using (a computer, tablet, or smartphone) has a working camera and microphone and is fully charged.
- Consider using headphones or earbuds plugged into your device to improve sound quality and maintain privacy.

Maintain Communication with Your Therapist During a Session:

Meeting with a mental health therapist or counselor through virtual methods may feel difficult or uncomfortable at first. Keep these things in mind during your session:

- Speak clearly so that your therapist can understand what you are saying. Check in periodically to make sure that what you are communicating is being understood and that you clearly understand what is being communicated to you.
- Try to make “eye contact” with your camera so that the connection between you and your therapist is stronger.
- If you are self-conscious about your appearance or distracted by seeing yourself on your device’s screen, put a small piece of paper over your image on the screen.
- Treat your telehealth therapy session as if you are meeting with your therapist in person. Avoid engaging in any tasks you would not do if you and your therapist were meeting in their office, such as folding laundry, smoking, or cooking.

With the right steps and preparation, your telehealth session can be enjoyable and productive.

These tips are meant to be guidelines and following them may not always be perfect. We only ask that you try in order to maximize the benefits of your counseling sessions.

If you have questions or would like additional information, please contact EAW at 928-523-1552.