

Preparing for Virtual Therapy

A practical checklist for creating a private, comfortable, and reliable telehealth experience.

Before your first session

- ☐ Choose a private location where you can speak freely.
- ☐ Test your internet connection, camera, microphone, and portal link.
- ☐ Use headphones if they will improve privacy or reduce distractions.
- ☐ Have your current physical location and an emergency contact available.
- ☐ Silence notifications and allow a few minutes to settle before starting.

Create a supportive environment

- ☐ Keep water, tissues, and any helpful grounding object nearby.
- ☐ Arrange lighting so your face is visible and the screen is comfortable.
- ☐ For couples sessions, sit where both partners can be seen and heard.
- ☐ Plan a few quiet minutes after the session before returning to other tasks.

If technology interrupts the session

My backup telephone number and preferred contact plan:

Use the secure client portal for clinical messages, forms, and appointment information. Avoid sending sensitive clinical information through the website contact form.