

## Tips For Orienting To Teletherapy

1. **Find a private and quiet space**– This may be harder for some than others but getting creative can help. You can use your car, garage, backyard, or even your bathroom if need be. Use headphones and a white noise machine if necessary to protect your privacy
2. **Create a comfortable and supportive therapy space.** Things to consider having in your space are: a box of tissues, a soft pillow or blanket that is soothing and a way to take notes.
3. **Transition time:** Before session, take some time to transition into the session. Give yourself some quiet time to connect with yourself and write down any topics you want to discuss before the session begins. Give yourself a buffer of time after the session to transition out. Therapy can bring up emotions and insights that need uninterrupted time to move through you even after session.
4. **Put up a sign or let other members of your household know that you are on an important call/meeting**– Therapy is YOUR TIME to take care of yourself and letting others know that you need some uninterrupted time and space can be helpful.
5. **Wear headphones and/or play white noise in the background**– If you're having session and other people are in nearby rooms, wearing headphones will ensure that no one else but you can hear what your therapist is saying. Additionally, a white noise machine or app played on a tablet or ipad just outside the door can also help. (example of a link for free white noise: <https://www.youtube.com/watch?v=nMfPqeZjc2c>)
6. **Make sure that your WIFI connection is reliable** and your device is fully charged.
7. **Close all other apps** that can pull at your attention or wifi connection.
8. **Keep a second device around for back up.** Sometimes, having a phone to use for audio can help maintain video with weaker internet connections.