



Tips for Successful Online Sessions

Welcome to online therapy! It is a convenient, enjoyable way to receive help from the comfort of your own home. With a little preparation, you can make your online therapy session go as smoothly as possible.

THE CENTER

1 **Be informed:** Schedule 10-20 minutes before your first session to review instructions from your therapist for how to access the video portal. Test it out and make sure it works before the session starts

2 **Minimize distractions:** Try to be in a quiet environment, free from distractions. Notify any family members or roommates that you will be having a private call. Ask them to turn down any music or television so that it doesn't disturb you

3 **Be prepared:** Double-check your internet connection. Make sure your device is charged and/or your charger is near. Headphones are encouraged for the best sound quality, but not required

4 **Optimize your connection:** Set up your computer on a flat surface. This will help you and your therapist see each other clearly. Make sure your face is fully in the frame. A computer is best, but if you need to use your phone in a pinch that's fine!

5 **Keep calm:** Tech issues are normal as everyone adjusts. Keep in contact with your therapist via phone or email to sort things out if you have trouble connecting

6 **Get comfortable:** Snuggle up with your favorite blanket, a warm cup of tea, tissues if needed, and your pet (if they're cuddly!) If your pet is rambunctious, leave them out of the room to minimize distractions

7 **Connect as normal:** When you're in the session, try your best to look into your therapist's eyes, rather than at the camera or your own face. Treat it just like a normal session!