



**University of Wisconsin-Stevens Point**

Counseling Center

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Dear Client,

Your tele-therapy experience with your therapist will be different than the face-to-face appointments in which you participated in the past. In order to maximize this new experience it's important that you adequately prepare your therapy environment for your future on-line therapy sessions. To do this, please consider the following:

- Be dressed as you would be for a face to face appointment with your therapist.
- Secure a **private** and **quiet** room for your on-line therapy sessions. Choose a room where you can be by yourself without interruptions. Choose a room where you can lock the door from the inside to avoid unexpected interruptions from friends, family members, and pets  
Try to limit background noises as much as possible- turn off your TV, close your window to block out street noise.
- Choose a setting that feels **comfortable** and **safe**. Sit in a comfortable chair
- Give your **full attention** to the on-line therapy process. Because you will be in your home environment, it might be tempting to multitask during your therapy session. Please refrain from doing this.
- Choose a stable video platform for viewing. A **stationary screen** is always preferred, such as a laptop or a monitor. If you use a portable device, such as a phone or tablet, make sure your device is fully charged before your session and secure it in a place so your therapist has a full view of your face. A lot of movement (i.e., walking around with a device) will be distracting to your therapist, so please keep portable devices stationary during the entire appointment.
- Consider using ear buds instead of speakers to increase your privacy.
- Make sure that you have **adequate lighting**. It's important that your therapist can see your face. Consider adding more lighting to your environment during your therapy sessions.