



# TELETHERAPY CLIENT CHECKLIST

Preparation for working together in an online platform 😊

## PRIVACY & VISUAL BACKGROUND

- Consider the background of your set-up, and what you would or would not feel comfortable with the therapist seeing. Is there private information about you that you would like to remove from the background?
- Are there windows where people can see you and into your space and session, or any distractions that may interrupt your session?
- Do you have a space that offers your privacy from others, whether it's your home or office? Could you potentially be interrupted?

## INTERNET CONNECTION, BANDWIDTH & DEVICES

- With the online platforms we use, you can participate via phone, tablet, or computer.
- Most of us rely on wireless internet. However, if you have the capability, connecting your computer to ethernet will ensure a more stable connection.
- If using your computer, limiting the number of open browsers and applications will help to eliminate potential problems with bandwidth. The same applies for cellular phones and mobile devices.
- Using earbuds or headphones may help to eliminate outside noise.
- Make sure you're close to an electrical outlet in case your device battery gets low and you need to plug in.

## CO-CREATING A THERAPEUTIC SPACE

- For your session, we suggest choosing a “neutral” space. If you become activated or experience highly uncomfortable emotions, choosing a neutral space could mean that you preserve your relaxation or “safe” spaces within your home.
- Suggestions for items that you may want to bring to your therapy space:

Tissues	Something to drink (water, tea)	Blanket and/or pillow
Mint or gum	Stuffed animal	Picture or image of someone or something that evokes calm or protection
Essential oils	Stress ball	Flowers
Lotions/creams	Journal, pens/markers	Your pet (if applicable)

## BACK UP PLAN

- Have your phone charged and accessible in case the internet connection drops.