

PREPARING FOR YOUR TELEPSYCHOLOGY SESSION

A Client's Guide



1

FIND A QUIET PLACE TO MEET

These places may even include your car or outside! Anywhere you can gather your thoughts, hear clearly, and speak openly without others listening.



2

WEBCAMS > PHONE

If your laptop has access to a webcam, this will generally be more comfortable than using the camera on your phone. A webcam will also allow you to be hands-free and a headset will improve sound quality.

3

COMPLETE HOMEWORK AHEAD OF TIME

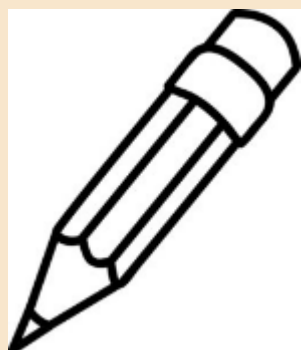
Email your therapist a copy of your homework or have it on-hand and ready to go over it with them. Print out any other materials your therapist may have sent you before your scheduled appointment.



4

TAKE NOTES

Have a pen or pencil ready to go! Taking notes will be to your benefit.



5

ARRIVE ON TIME

Like an in-person appointment, punctuality is important! Dress appropriately and come prepared.

