



Teletherapy Cheat Sheet

Why Virtual?

Whether you are receiving Virtual therapy, exclusively or an adjunct to office visits, it is an easy way to get the support your child needs. Virtual Counseling is similar to Skype or FaceTime, and allows you to have access to your therapist from the comfort of your own home.

At first when I started offering virtual therapy as an option for clients, I was worried it would feel cold, impersonal, or disconnected. I was also nervous that online therapy sessions would keep me from providing the best services to the young people and families I work with, but ***I was completely wrong!***

Virtual therapy works just as well, if not better, than traditional office visits. Most clients say when they are in the comfort of their own home they feel more relaxed, regulated, and able to do their therapeutic work. Some clients actually say the connection can be **better** than in office. Virtual sessions are very similar to the therapy services you receive in the office. The good news is there is no confusing software to download and all you need is an internet connection, web camera, and some headphones.

Session Procedures:

- Finding a suitable location with a room that is:
 - Preferably on a different floor than the rest of the family
 - Large enough to move around in but not so large that it is distracting or there is significant distance from the camera
 - Free from overstimulation or distraction
- Consider privacy needs
 - Assess if a sound machine or radio needs to be outside of the meeting room
 - Parents will ensure that siblings do not enter or disrupt the therapy session
- Join the session several minutes before your appointment is set to start
- Your therapist will email you a list of supplies prior to the session to have on hand before the session begins (if necessary)
- Parents and children will **join** the session together and **end** the session together
- Sessions will begin with a parent check in and then transition into the child's time
- Parents and children will be prepared to do a room scan to prove they are the only ones attending the session
- If a session is disconnected every attempt will be made to refresh and reconnect and if the ability to reconnect is not possible within 2 minutes your therapist will call the parent for assistance

Safety Planning:

- Parents agree to be available in person at the meeting location for the duration of the session and are able to join the session at any time
- Parents agree to have their designated phone on hand during the appointment and have the ability to answer any calls
- An address of the meeting location will be given at the start of each session
- In an emergency situation your therapist will use the given address to contact 911

How do I start?

All online counseling sessions will be held on **zoom video chat** which is similar to Skype or FaceTime. A few minutes before the session click the link below and wait for the session to start.

Join Zoom Meeting: <https://us06web.zoom.us/j/2205785967>

Meeting ID: 220 578 5967

You will need to download the zoom application; however it will also load from your webpage. Make sure to check audio and visibility. You will use this same link each therapy session.

*******Tips for a great Online Therapy appointment*******

- Make sure you are in a **quiet environment** and free of distractions
 - Download a white noise app and place it outside of the room for privacy and confidentiality
- Use **headphones** for better call audio
- **Make sure you are using a fast internet speed or Ethernet cable**
- Close out of unused programs
- Use the latest version of your web browser
- Adjust the lighting so you can be seen clearly