

Tips for Getting the Most Out of an Online Counselling Session

- Find a quiet place where you can talk freely and won't be overheard. If there isn't anywhere at home, you can also sit in your car (parked, of course).
- If there are others in nearby rooms, let them know you won't be available for about an hour (or about an hour and a half if a couples session) and should not be interrupted.
- If there are voice-activated speakers or other devices in the room (such as Google Home or Alexa) unplug them.
- Make sure your phone/tablet/computer is fully charged before the session begins.
- Close other programs on your device that use the internet as they may slow down the connection.
- If you are using your phone, please ensure the "do not disturb" setting is on. You don't want distracting notifications popping up during the session.
- Turn your selfie video off if possible (seeing yourself on screen can be very distracting).
- Ensure your internet connection is stable. Be near your wifi router if you can or turn on your data if needed.
- Use headphones or earbuds if you have them. You will be able to hear more clearly and this helps the experience feel more private.
- Have a glass of water and some tissues nearby.
- Try and have a bit of a break between the end of your session and getting pulled back into the rest of your day in order to slow down and process what has happened.
- If you have any concerns about the experience, please share them with your therapist.