

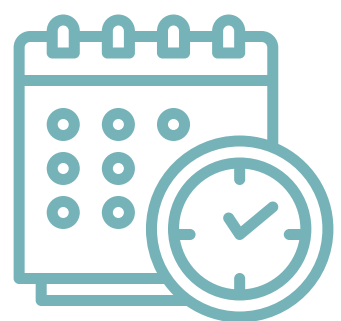
GET STARTED NOW

ONLINE THERAPY SUCCESS CHECKLIST



SCHEDULE YOUR SESSIONS AT A GOOD TIME

This should be more convenient - no commute, no parking, no rush.



BRING & TAKE NOTES

Write down your main concerns, so you don't forget to bring them up. Keep track of each session take-away for you, and/or any homework suggestions.



TEST YOUR SET-UP AHEAD OF TIME

If you use multiple video platforms, do a hard reboot of your device, ensure your device is fully charged and that your connection (hardwired or wif-fi) is strong.



TURN OFF YOUR OTHER APPS & PROGRAMS

Yes, your therapist can tell you are reading an incoming message, email or otherwise getting distracted. Turn off your notifications on your phone or laptop, so you aren't distracted, and the wi-fi doesn't glitch.



FIND PRIVACY

ASK your family members to respect your privacy. You can use a separate room, bathroom, closet (your therapist won't care). Sometimes driveways still have good wi-fi access (*check it ahead of time* - you can also park in front of a public wi-fi, like a coffee shop or public library; our links are secure and private). Use earbuds or headphones so only you can hear your therapist if you are unsure of your privacy.

