
Tips for Secure Online Video Counseling

- **Tools to Get Started**

- Laptop, Computer, iPad, or smart phone
- Fast Internet Connection
 - This website allows you to check your internet speed: <https://fast.com>
- Headphones (optional)

- Allow plenty of time to get setup by joining the session at least 5-10 minutes ahead of time, if possible. This will allow you to get settled and go through the connection steps in a relaxed manner rather than running late and being frazzled.

- **Creating Privacy**

- Ensure you are in a quiet, **private space**. It is important you feel comfortable speaking freely.
- If you are participating from home, choose a **comfortable room with a closed door**.
- Use a sound machine, radio, or other form of white noise outside of the room you will be using to reduce the chances of being overheard by anyone inside the house. You can also request others in the home use headphones to listen to music or watch movies during your session.
- Using headphones can reduce others overhearing your conversation.

- **Creating a Comfortable Environment**

- Create a comfortable space to have your session.
- Set up your device in whatever way that's most comfortable for you.
- Clear away clutter to reduce any distractions.
- Sit or lie down, and have comfort items with you, similar to what your therapist may offer in the office. (i.e. pillows, fidget toys, weighted blanket, coloring books etc.)
- Bring your favorite beverage such as coffee, water or tea.
- Reduce or eliminate other distractions inside the room such as children, T.V., radio, etc.

Feel free to have your pet with you unless you believe it would be too distracting.

Please Refrain From...

- Driving
- Consuming an illegal substance
- Doing other tasks such as homework or housework during your session. It will take away from your time and the effectiveness of the session.

If you don't have a private space in the home, contact your therapist so you can brainstorm on alternative options.