

## 5. TELETHERAPY TIPS

While many kids and adults are used to chatting casually over an online video platform such as Facetime or Skype, they likely are not used to chatting more formally on an online platform.

Our aim is to mimic an office-based session as much as possible during the telehealth sessions.

To do that, you'll have to approach your telehealth appointments differently than you would a video chat with a family member or friend. Here are some tips to help you do that:

### 1. KEEP YOUR DEVICE AT AN EYE-LEVEL AND STATIONARY POSITION

- Please keep your phone, tablet, or laptop stationary – in a stand or propped up against something.
- Not only is moving your screen around distracting to me, but also it means your hands are not free to draw, write, or just talk with your hands.
- Make sure the camera on your device is level with your eyes. If the camera is above your head it will look like you're looking up at me. If the camera is below your eyes it will look as though you're looking down at me (and I'll be able to see straight up your nose!).

For an example on how to appropriately place your device during a telehealth session, go to [childcounselingplace.com/teletherapy-tips--instructions.html](http://childcounselingplace.com/teletherapy-tips--instructions.html)

- Do not worry much if you cannot make the camera eye-level. If you have to choose between having your device eye-level or stationary, choose stationary.

### 2. HAVE A DESIGNATED SPACE/WORK AREA so that you have some room to do work.

3. HAVE SOME SUPPLIES AT HAND such as paper, pencils, markers, coloring pages, toys, modeling clay, tissues, etc. We likely will be engaging in an activity during the session that will require some of these items.

### 4. USE HEADPHONES

- For adults or older children / teens or those allowed more privacy, you might be more comfortable talking at home if you know no one at home can hear what we're saying. If anyone is concerned about others at home hearing what they are saying, use white noise right outside the area where they are. White noise can come from an actual white noise machine, a device playing white noise or music, a stereo, a TV, etc.

### 5. MAYBE THE MOST IMPORTANT TIP...ALLOW TIME FOR TRANSITIONING TO YOUR APPOINTMENT

- For an office-based appointment, you have to leave where you are to go to my office. You have some time to transition mentally and physically from what you were doing to what you will be doing, which is having a therapy session with us.
- Please also do this for your telehealth sessions, especially if those sessions are with children. Stop what you are doing at least 10 minutes before the telehealth session. Use the restroom, get something to eat or drink, set up your telehealth work space and make sure you're able to connect to the Internet and log into the virtual waiting room.
- Please try not to be engaged in an activity up to the minute your telehealth session starts. Not only does it mean we likely will have to spend the first 10 minutes getting you mentally engaged in your session, but also this means we might

lose time if you have technical difficulties logging in to your online meeting.

Please contact us with questions or comments. [info@thefireflyco.org](mailto:info@thefireflyco.org) / 513-268-5828.