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# GETTING STARTED WITH TELE-THERAPY

Tele-Therapy does not require meeting your counsellor in person. It is conducted through a secure internet connection, using suitable devices and applications.

Here are some things you may need to know:

## 1. YOU NEED A STABLE INTERNET CONNECTION

This may mean moving closer to your router or disconnecting other devices which may slow down your connection



## 2. CHOOSE A SUITABLE DEVICE

Laptops with a functioning webcam or smart phones can be used. Be sure to check your device before starting.



## 3. FIND A PRIVATE & QUIET SPACE

Ensure that you are alone and ask to not be disturbed for the duration of your session. Close doors, use headphones, run a fan or white noise to minimize being overheard. At home, the office or the car, if necessary.



## 4. GET COMFORTABLE

You will most likely be in the same location for over 45 minutes. You can lie, or sit but be comfortable, have a glass of water or tea, note taking material, fan or air conditioning if necessary.



## REMINDERS:

- Do not let others listen in on your session.
- It is best to use FIREFOX or GOOGLE CHROME internet browsers for the best connection
- Let your counsellor know before session if any adjustments need to be made for example, voice or video call
- N.B video calls are preferred for working with couples
- Discuss payment options with your counsellor