

TeleCBT Video Session Instructions

1. Allow plenty of time to get set up by joining your session at least 5 minutes ahead of time. You want to greet your patient in a relaxed manner, rather than appearing frazzled and late.
2. Have a quiet room for your therapy session. If possible, use headphones so that you can focus on your client and not be distracted by what's going on around you.
3. Have plenty of light in the room. You want your client to be able to see you clearly. You may need to position your computer away from open windows or turn on a lamp or overhead light.
4. Keep your background simple. Think about what your client will see. If you are doing therapy from home, you may not want some of your personal affects visible to your clients.
5. Dress professionally.
6. Look directly at the camera. You want to be able to have appropriate “eye” contact with your client.
7. Be sure you have sufficient bandwidth. You may not be able to have family members or others who are sharing the same internet connection to be streaming videos such as Netflix or YouTube.
8. Use a desk for your laptop or stand for your tablet. It is important to keep the camera as steady as possible.
9. Be aware of background noise. Dogs, lawnmowers, children etc. It is important to provide your clients with an environment that is similar to what they would experience in an office. Be sure to have your cell phone on mute so it does not disturbed your session.

