

Preparing for Your Telehealth Session at The Women's Initiative

Dear client,

Your counseling session at The Women's Initiative is a space to care for yourself. You deserve to give your full attention to this time. Here are some things we have found helpful for honoring this commitment to yourself:

Before session

- **Allow for time**
 - You may find it helpful to give yourself 10 minutes before each session to help transition from what you were doing. Your therapist can help you think through what you may need in order to prepare for a session.
- **Find a space that is yours**
 - The ideal space for engaging in counseling is one that is comfortable, private, and free from outside distractions. We recognize that this is not always possible. There may be other adults or children in the home who need your attention as well. If this is a concern of yours, talk with your therapist to come up with a plan that works for you.

During a session

- **Be mindful of your surroundings**
 - Counseling is deeply personal, and you should feel confident that your privacy is respected. Is what you are discussing something you would want others to hear? You and your therapist may need to discuss if the content of a session is appropriate for your surroundings and make adjustments.
- **Remain engaged – you deserve it**
 - We understand that the circumstances for doing therapy via phone or video are unique, and distractions may occur. If you become distracted or feel like you are unable to participate in the session, discuss this with your therapist to come up with a plan.

After session

- **Allow for time**
 - We suggest giving yourself 10 minutes of self-care after each session. If we were meeting in person, you might use your travel time after a session to reflect and feel grounded before returning to your day. Try to find some time to allow for this space. Would a short walk, or sitting outside be helpful? Your therapist can help you think through what you may need in order to resume your day after a session.

We also ask everyone participating in telehealth sessions to observe the following guidelines:

1. Do not drive a car during a session
2. Be fully dressed during video sessions
3. Do not use alcohol or other recreational substances before or during sessions
4. Do not do activities you wouldn't normally do during an in-person session (use restroom while on the phone/video call, work on a project, cook a meal, run an errand, etc.)

Thank you for reading. We look forward to working with you.

Sincerely,

The Women's Initiative Clinical Team