# 6 TIPS

## For Online Therapy Sessions

We've gathered six tips to help both your private practice and your clients get the most out of online therapy sessions.

**1**

**Practice makes perfect.**
Make sure you *really* know the ins and outs of the telehealth service you're using. Do a few test runs before conducting any "real" sessions.

**2**

**Don't look at yourself.**
It's easy to want to glance at how you look during a session. Try looking into the camera or making eye contact with your client.

**3**

**Use a headset or microphone.**
Simply talking through your computer mic can create an echo. Try using headphones or an exterior mic instead.

**4**

**Ensure good lighting.**
Because you want to look your best! Check how you look in the camera, are there harsh shadows on your face?

**5**

**Offer sessions gradually.**
Roll out video availability gradually to not overwhelm yourself. Then, offer it to more clients when you're comfortable.

**6**

**Get Feedback.**
Listen to your clients' feedback on your online sessions. How did they feel the session compared to an in-house session?

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