



Marilyn Roberts
Psychological
Services



56 Winslow Drive
Upper Tantallon, NS
B3Z 1N9

Email: mroberts.psychologicalservices@gmail.com
Phone: 902-826-1704 Fax: 902-826-1703

Preparation for Your Telepsychology Appointment

This part of preparing for your session is not something you may be used to thinking about when getting ready for a therapy session. It involves making sure that your comfortable space is appropriate for discussing private and personal information and that your devices are working and properly positioned. Below are some recommendations for doing that!

Planning

Don't schedule anything fifteen minutes before or after your appointment. Please plan it appropriately ahead of time. This includes making sure you have your equipment running and ready to go at least fifteen minutes prior to your appointment.

Technical

Ensure you have tested the software before your session. This includes your microphone, camera, and other equipment to ensure you are familiar with how your hardware and software works.

Ensure your internet connection is stable and fast. Try to sit close to your internet router and have a good connection. Try to limit how many other programs you have running (think of any music, Netflix, or games that could be draining your internet bandwidth).

Setting

Before your appointment, choose the space in your home where you will have your appointment. Make sure that this space is able to separate you from other household members if they are not part of the session, or any other potential distractions, and try to create plans for counteracting them.

Things to keep in mind include:

Lighting – You'll need adequate lighting during your appointment so your provider can see your face as clearly as they could face-to-face. Try not to sit with your back to direct sunlight for instance in front of a window. Check your webcam to make sure your entire face is illuminated on screen. This may involve bringing in additional lighting.

Noise – Your appointment is between your provider and you. Advise others in your home that you will need to be undisturbed for the duration of your appointment. Close the door, close windows, turn off radios, cell phones and televisions. If possible, avoid "attending" your appointment in rooms where external sounds like doorbells and ringing phones can cause a disturbance.