

## Remote Session Guidelines

A remote session is not the same as what happens when meeting in person. At the same time, it is also different from the typical phone or Zoom call. Listed below are some guidelines for how to get the most from remote sessions. Each guideline is a way to try to make a remote session as “session-like” as possible.

1. The most important feature is to have privacy. Please do everything possible to ensure that you are in a private space where it is unlikely you will be heard or interrupted. It is important to do whatever possible to meet in the same environment each session.
2. Try to make yourself comfortable, but not too comfortable. If you can, settle into a nice, comfortable chair. Avoid lying in bed or on your TV-watching couch, as well as sitting on the floor or walking around the house or office.
3. Put a box of tissues next to where you are sitting. If you want, pour yourself a glass of water or take care of whatever you think you'll need to be comfortable in your space without needing to get anything during the duration of the session.
4. Leave yourself an additional 15-minutes both before and after the session. 15- minutes before the session, take a walk outside (even if it is just down the block or around the corner). If walking is not an option, sit reflectively, stretch and/or journal. It is not a good idea to log off a virtual social/work engagement or end a phone call and then immediately start our session. You need time to clear your head and get ready for the work we are about to do. Similarly, after the session is over, take the same walk in the opposite direction or allow yourself similar time to sit and reflect. This will allow space for the session to resonate before jumping back into the day's activities. Plus, there is evidence that simply walking to and from a place can help with memory and deepening an experience.
5. Turn off all devices other than the one you are using for our session. If using a smartphone or computer, do your best to quit from all programs other than the one we are using and turn off all notifications if you can (i.e. silence incoming texts). Closing all open windows on your computer could also help Zoom connectivity. If we are doing a phone session, it is best to leave your hands free by using headphones or speaker phone.
6. Please approach your telehealth session as though we were meeting in person. In doing so, refrain from any behaviors that you would forgo if we were meeting in person (i.e. smoking, vaping, driving, eating, etc.).
7. If we are meeting by Zoom, you might want to experiment with hiding your image. This might help decrease self-consciousness and create an environment that will be more like meeting in person.
8. If we are meeting by phone or Zoom and you find yourself curious about where I am, please feel free to ask.

We recognize that these guidelines make remote sessions a little less convenient. But the benefit will be more than worth the additional effort.

