

Ways to Improve your Telepsychology Experience

- **Headset.** Highly recommended. Microphones on headsets can reduce background noise and earphones can contribute to privacy. A headset for your phone may be helpful if we switch to telephone for audio.
- **Lighting.** Light behind you creates a silhouette. Light coming from the front allows me to see you clearly.
- **Equipment.** Computer, or tablet, are best. Phones work, but limit the ability to see written information and accessing features may be more difficult (for example, opening links). On occasion, I've resolved technical problems by using a computer or tablet for video and a phone for audio.
 - o **Pen and paper.** Not required, but people often find it helpful to be able to take notes during treatment.
- **Internet connection.** Check the strength and stability of your internet connection.
- **Pets.** It's fine to have a pet present during therapy. I recommend making sure they are walked before treatment, and have food and water.
- **Verification.** Each time we meet, I will ask you to verify name, date of birth, and your physical location during treatment (zip code not needed). If you're always in the same place, you can write these on a piece of paper and hold it up to your camera at the start of the session.
- **Confidentiality.** Check work or home schedules to make sure you have privacy. Keep your antivirus software up to date and secure your home network.
- **Sound machine.** This is a great option to provide privacy. There are phone apps that can be used for this.
- **Time.** It may take a couple minutes to log onto the system. Please plan for this.
- **Cellphones, texts, notifications, etc.** Therapy is your time. Decide in advance how you want to handle incoming texts, phone calls, and other electronic communications.
- **Connection problems.** If you have difficulty connecting at the start of the session, please call me at (469) 842-8411. If you cannot connect by phone, you can e-mail me at DrK@InfBH.com.

Please let me know if there's anything that will be helpful to make this a better experience.

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