TELEBEHAVIORAL HEALTH SESSION TIPS

SAN FRANCISCO STATE UNIVERSITY
COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

TO GET THE MOST BENEFIT FROM A SESSION:

1. **PRIVACY IS MOST IMPORTANT**
   Try your best to find a private, quiet space without interruption. This may be difficult; you may need to be creative or ask others for cooperation.

2. **MAKE YOURSELF COMFORTABLE**
   But not too comfortable!
   Avoid lying in bed or walking around. Place your device nearby.

3. **BE PREPARED**
   Have available:
   - A box of tissues
   - A glass of water
   - A charger
   Avoid eating during the session.

4. **DRESS FOR THE OCCASION**
   Get dressed for the appointment as you would if you were coming to the CAPS office, especially if you feel that having a routine is helpful.

5. **MINIMIZE DISTRACTIONS**
   Turn off and put away any nearby devices, computers, or phones. Consider silencing notifications on the device being used for the session.

6. **SET ASIDE SPACE FOR YOURSELF**
   Set aside 15 minutes before and after the session for transitioning to the next thing. It may be helpful to walk, move around, or stretch.

HTTPS://CAPS.SFSU.EDU/