

# 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

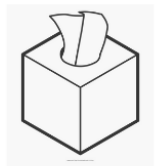
Try your best to find a private, quiet space without interruption. This may be difficult; you may need to be creative or ask others for cooperation.



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 session



4

## DRESS FOR THE OCCASION

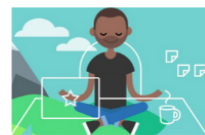
Get dressed for the appointment as you would if you were coming to the CAPS office, especially if you feel that having a routine is helpful.



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.