# Ways to Prepare for Your First Teletherapy Appointment

The world is rapidly turning to technology, and mental health care is no exception. These days, nearly four in ten Americans have given [telehealth therapy](https://www.psychiatry.org/news-room/news-releases/new-nationwide-poll-shows-an-increased-popularity#:~:text=Nearly%20four%20in%20ten%20Americans,of%20the%20pandemic%20(82%25).) a try, according to the American Psychiatry Association. With the rise of technology, online mental health services have become more accessible, making it easier for those who need it to seek help from the comfort of their homes.

Teletherapy, also known as video counseling and many other names, has quickly emerged as a popular and effective alternative to in-person therapy. If you’re getting ready for your first teletherapy appointment with an online counselor, you likely want to gain the most from your session. Here’s a few ways you can prepare effectively:

## Understand the Basics

Before your appointment, familiarize yourself with the concept of teletherapy. What is it? How does it work? How can you tell if it will be effective for you?

Unlike traditional face-to-face sessions, teletherapy involves speaking with your online counselor through a secure platform. This format offers flexibility and convenience but requires a basic understanding of how the video counseling platform works. Research the platform that will be used, and make sure you’re comfortable with its features beforehand.

## Set Up Your Space

Creating a comfortable environment for your teletherapy session is crucial to its success. Choose a quiet, private space where you won’t be interrupted. Ensure that your background is neutral and empty of distractions. A well-lit area can be a great way to make your session feel more engaging. It can also be crucial to make sure your internet connection is stable to avoid disruptions.

## Test Your Equipment

Speaking of checking your internet- before your session, we recommend testing your equipment to ensure everything works correctly.

Check your camera and microphone to confirm they are working well and that the audio and video quality are clear.

## Prepare Your Mindset

As with any therapy session, it’s important to prepare mentally and emotionally. Reflect on the things you wish to address during your teletherapy appointment, jotting down any points of discussion you wish to touch on with your online counselor.

## Review Your Online Counselor’s Information

Familiarizing yourself with your online counselor’s background and approach can help you feel more at ease knowing better what to expect from your session. Many online mental health professionals provide useful information about their specialties and therapeutic techniques on their websites or profiles. Understanding the subjects they specialize in can be great for preparing you for your session.

## Protect Your Own Confidentiality

Confidentiality is a key aspect of any therapeutic relationship. It helps the client feel more at ease when opening up, creating a more effective therapist-client relationship. Take the steps you need to feel protected and ready to open up.

## Follow Up with Self-Care

After your teletherapy appointment, practice self-care and compassion, keeping you in the right head space to process your session and manage any complex emotions that may arise. This can include journaling, taking a walk, or practicing relaxation techniques.

Teletherapy is a great counseling option for many people, granting greater access to mental health care than ever. If you are ready to explore online counseling, we are here for you. [Contact](https://michiganpsychologicalcare.com/contact.php) us today!

**References**

<https://www.psychiatry.org/news-room/news-releases/new-nationwide-poll-shows-an-increased-popularity#:~:text=Nearly%20four%20in%20ten%20Americans,of%20the%20pandemic%20(82%25)>.

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