

We ask that all clients agree to the following to maintain safety and a provide a quality experience:

- Find a comfortable, quiet, and private location for the session to avoid interruptions and distractions. If you have other people living in your house, you may want to let them know beforehand that you will be unavailable and not enter your space until the session is completed.
- If possible, turn off (or silence) any other devices that may cause distractions such as cell phones, televisions, and tablets
- Prioritize your session time by not engaging in any other activities such as online shopping/browsing, driving, cooking, taking a bath, etc. We also remind everyone that they should be fully clothed as if you were attending an in-person meeting.
- To be prepared and punctual for your session, we advise logging in 5 or 10 minutes beforehand to test your audio and video. This will give you time to troubleshoot or contact your therapist to let them know you are having technical difficulties.
- Please do not record, share, and/or allow unauthorized individuals to participate or listen in on sessions without prior discussion and approval
- Ultimately, therapeutic confidentiality relies heavily on you in the case of teletherapy. However, at FamilyWorks, we are going with the “better safe than sorry” approach and reserve the right to end a therapy session early if we feel the space or environment, you're in when doing teletherapy is not conducive to a productive therapy session.