

Telehealth Therapy Readiness Checklist

1. Tech and Space

- ☐ Choose a private, quiet space for video or phone sessions; use headphones if possible.
- ☐ Test your device and internet or cellular signal before the appointment.
- ☐ Have a backup plan, such as switching to phone if video drops.

2. Confidentiality and Comfort

- ☐ Use a secure platform provided by your clinician; avoid public Wi-Fi if possible.
- ☐ Silence notifications and reduce multitasking during sessions.
- ☐ Keep water and tissues nearby; have a notepad to jot insights or homework.

3. Session Readiness

- ☐ Write a brief list of what feels most pressing this week.
- ☐ Note wins or changes since your last session.
- ☐ Plan a five-minute buffer before and after sessions to decompress.

4. Staying Engaged

- ☐ Between sessions, practice agreed-upon skills and track what helps.
- ☐ Message your clinician through the secure portal for logistics or rescheduling.
- ☐ If technology fails, call or text the office line to continue by phone.

Heal Before Work Psychology & Consulting, Inc.

- Serving clients across California via telehealth
- This guide is informational and not legal advice.



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