



# Teletherapy

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[Contact Brian](#)

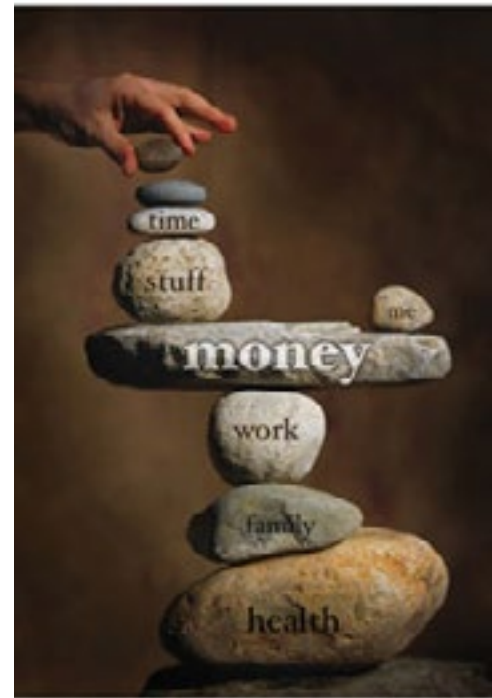


# Things You Will Need

## Technology Needed:

I use Zoom to conduct online sessions. You can use a computer, tablet, or smartphone to meet with me on Zoom. If you are using a computer, you will need a functioning webcam, and you will need Firefox or Google Chrome as your Internet browser. If you are using a tablet or smartphone, you will need to download and install the Zoom app on your device. I will email you the link to my Zoom meeting room before our first session.

If we meet via telephone, be sure you have good reception when you are using a cell phone. I request that you not drive a car during our sessions.



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## Finding a Safe Space:

**Safe Space:** When I meet with clients face to face in my office, we meet behind a closed door and I am able to guarantee no interruptions. When we meet online, however, each of us will be in our own physical environment. Here are some specific steps you can take to ensure you have a safe and confidential space for our meetings:

- If you live with other people, choose a room with a door that can be closed, and locked if desired. A closed door will limit disturbances during your online sessions.
- If you have children, please make arrangements so they will not need your attention during your sessions. Creating the opportunity for a child-free hour can be very challenging, but it is worth the effort.
- If the only private place you have is your car, find a convenient location to park the car that will be comfortable for you. It's best to choose a shady, quiet parking spot away from excessive foot or auto traffic so you will not be disturbed. Make sure your car is stationary before the scheduled beginning of our meeting.
- If we are meeting by telephone and you are using an old-fashioned landline, be sure everyone knows not to pick up the phone during the time we are meeting.

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Don't hesitate to contact me with your questions about teletherapy or the process of beginning online meetings. Either email your questions, or we can schedule a phone call to talk about what might work best for you with teletherapy.

**I look forward to hearing from you,  
Brian Farr**



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