



Welcome to Telehealth Therapy

What to Expect – and How to Make the Most of Our Time Together

Hi, I'm so glad you're here.

Starting therapy is a meaningful step, and I want this to feel as comfortable and accessible as possible — whether you're brand new to this or you've been in therapy before.

One of the things I love most about telehealth is that you get to show up exactly where you are. This handout will walk you through what our sessions look like, how to set yourself up for success, and what I'll be hoping for from you in return

Your Space, Your Rules

Telehealth means you get to choose your environment — and I genuinely want you to be comfortable. Here are a few things to know:

You can show up however feels right.

- Pajamas? Yes. Cozy blanket? Absolutely. Sitting in bed, on the couch, or at the kitchen table? All of the above.
- Feel free to have a snack, a cup of coffee, or lunch with you. Taking care of yourself during our session is never a distraction.
- You don't need to look a certain way or have a perfectly tidy background. I'm here for you, not your bookshelf.

You don't need any special tech.

- A smartphone, tablet, or computer with a camera and microphone works just fine.
- We'll meet over a secure, HIPAA-compliant video platform (Sessions Health). You'll receive a link before your first session.
- If you experience a technical issue, don't panic — we'll figure it out together. Have your phone nearby so we can connect by call if needed.



A Note for New & Expecting Parents

If you're pregnant, postpartum, or navigating early parenthood, I want you to know: this season is a lot. You might be exhausted, emotionally all over the place, or feeling pressure to seem like you're handling it better than you are. You don't have to perform being okay here.

- If your baby is sleeping on you during our session, that's fine. If you need to tend to a child, we'll pause and continue.
- If your only window for therapy is nap time and you're in sweats with unwashed hair — you belong here exactly as you are.
- We can talk about the beautiful parts and the parts nobody warns you about. Both are welcome.

You deserve support too.

Caring for a child doesn't mean putting yourself last. Showing up for yourself in therapy is one of the most grounding things you can do — for you and for your family.

A Private Space Matters

Because we'll be talking about real, personal things, it's important that you feel like you can speak freely. You don't need a soundproofed room, but a few things can make a big difference:

- Find a space where you won't be overheard or interrupted. A closed door, a bedroom, or even your car in a quiet parking lot all work.
- Let the people in your home know you have an appointment and ask not to be disturbed for the hour.
- If privacy at home is genuinely difficult right now, let me know — we can problem-solve together.



A note on confidentiality:

Everything you share in our sessions is confidential, with a few legal exceptions I'll explain during our first meeting. Creating a private space on your end helps protect your own sense of safety as much as anything else. *More information on the specifics of confidentiality can be found in our Informed Consent and Notice of Privacy Practices documents you will be provided with upon scheduling your first session.*

What Our Sessions Look Like

Every person's therapy journey is a little different, but here's a general sense of how our work together tends to unfold:

In our first session (or two):

- We'll spend time getting to know each other. I'll ask about what's bringing you to therapy, your history, and what you're hoping to get out of our work together.
- This is also a chance for you to ask me questions — about my approach, my experience, or anything else on your mind.
- There's no pressure to share everything right away. We move at your pace.

Ongoing sessions:

- Sessions are 45-50 minutes and are typically held weekly, especially at the start.
- We'll check in on how you're doing, work through what's coming up, and build on the progress you're making over time.
- Some sessions will feel productive and clear. Others might feel harder to pin down. Both are completely normal — and both matter.

What I Ask of You

I want to be honest with you: therapy works best when you're able to show up with some openness, even on the days it feels hard. That doesn't mean you need to have it all figured out or come in feeling motivated. It means:



Find a space where you can actually talk.

Driving, doing dishes, or being in a room with other people makes it hard to be present and can limit what you're willing to say. Even if it's imperfect, try to carve out a window where you can be *relatively** still and private.

**Neurodivergent clients and others whose engagement/attention is benefited by movement (e.g., "fidgeting") are always welcome to engage in such activities so long as they are not detracting from the work being done.*

Come willing to engage, even when it's uncomfortable.

Sometimes I'll reflect something back to you that doesn't land right, or we'll disagree about something. That's okay — that's part of the process. What I'll ask is that we stay curious about those moments rather than shutting down. Disagreement in therapy can be some of the most useful work we do together.

Let me know what's working (and what isn't).

You are the expert on your own experience. If something I say or suggest doesn't feel right, I want to hear it. Feedback helps me help you better.

What You Can Expect from Me

This is a two-way street, and I think you deserve to know what you're signing up for on my end too.

You might hop on for a session and find me in a cozy sweater, sitting in my home office with tea in hand — and that's intentional. I practice what I preach when it comes to telehealth comfort because it allows me to be in the best possible frame of mind for you. What you won't find is a reduction in the care, attention, or clinical rigor I bring to our work. The setting is relaxed. The standards aren't.

My Approach

My work is highly integrative, meaning I draw from a range of evidence-based approaches depending on what you need. At the core, though, I'm heavily influenced by Internal Family Systems (IFS) and narrative therapy. In plain terms: I believe every part of you — even the parts that feel difficult or contradictory — has something worth understanding. And I believe the stories we tell about ourselves have enormous power, which means they can also be rewritten. We'll explore both together.

Here's what I commit to you:



- **My full presence.** When we're in session, you have my undivided attention. I'm not multitasking, half-listening, or rushing you toward the end of the hour.
- **Honesty and directness, with care.** I'll reflect things back to you honestly — even when it's a little uncomfortable — because I believe that's where real growth happens. I'll always do this with respect and compassion.
- **A non-judgmental space.** Whatever you bring into session — the messy, the complicated, the things you've never said out loud — I've likely heard something like it before, and I won't flinch. You don't have to manage my reaction.
- **Transparency about my approach.** If I'm trying something different or shifting direction in our work, I'll tell you why. You're a partner in this process, not a passenger.

Between Sessions

You can reach me through the chat function in our Sessions Health portal. I do my best to respond thoughtfully, and I want you to know upfront that I reply within working hours — so if you send something in the evening or over the weekend, I'll get back to you the next business day. The portal is the best way to reach me for non-urgent questions, scheduling, or anything that comes up between sessions.

On cancellations from my end: I hold myself to the same 24-hour standard I ask of you. That said, I'm also a mother, and real life occasionally has other plans — illness, a school emergency, the unpredictable chaos that comes with kids. If I ever need to cancel last-minute, I'll reach out as soon as I possibly can and we'll find a way to make it right. I don't take your time for granted.

Cancellations & Scheduling

- Please give at least 24 hours' notice if you need to cancel or reschedule. Late cancellations and no-shows are subject to respective fees (details in your intake paperwork).
- Life happens. If something comes up, just reach out as soon as you can.
- Consistency matters in therapy. The more regularly we meet, the more momentum we can build.

A much more detailed outline of expectations for communication around cancellations/rescheduling can be found in the Informed Consent document you will receive and sign prior to our first session.