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# Tips for Enhancing Your Therapy Experience

At Libra Virtual Care, we know that starting therapy is a meaningful decision—and it's natural to have questions about how virtual therapy compares to in-person care. The answer is: **it's just as effective, personal, and transformative.** The therapeutic tools, approaches, and interventions remain the same—virtual therapy simply offers a different way to connect. That said, just like in-person sessions, there are thoughtful steps both therapists and clients can take to create a supportive, focused experience. The tips below are designed to help you get the most out of your time in virtual therapy and support your healing journey.

## 1 CHOOSE A QUIET, PRIVATE SPACE

Find a comfortable, quiet spot where you can speak freely without interruptions. Let others in your household know you're in session and consider using a white noise machine or sound app outside the door for added privacy.

## 2 SET UP YOUR TECH AHEAD OF TIME

Use a reliable internet connection, and make sure your device (phone, tablet, or computer) is charged or plugged in. Test your camera, microphone, and login link a few minutes before your session.

✓ Pro Tip: Headphones can improve sound quality and boost your sense of privacy.

## 3 MINIMIZE DISTRACTIONS

Silence notifications on your devices, close unnecessary tabs, and avoid multitasking. This is your time—give yourself full permission to focus on you.

✓ Pro Tip: Ensuring that tabs are closed also helps to improve your internet connection.

## 4 CREATE A COMFORTABLE, ENGAGING ENVIRONMENT

Bring a cozy blanket, water, tissues, or anything that you will need during the appointment. While being comfortable is important, also consider ways to feel engaged in the process. We would encourage you to find a chair that allows you to sit up rather than lying on a bed or couch.

## 5 BE EMOTIONALLY PRESENT

Just like in-person therapy, virtual sessions work best when you come with openness and honesty. Take a few minutes before your session to breathe, reflect, or journal to help transition into therapy mode.

## 6 HAVE A BACKUP PLAN

Sometimes tech glitches happen. If you lose connection, don't stress. We'll reconnect quickly or continue by phone if needed. Make sure you have your therapist's contact info nearby just in case.

## 7 ADJUST YOUR CAMERA

For the best virtual therapy experience, position your camera at eye level so you and your therapist can maintain natural, face-to-face connection. Choose a well-lit space with soft, even lighting—natural light from a nearby window works well. Make sure your face is clearly visible, and try to avoid backlighting or sitting in the dark.

## 8 STAY CONSISTENT

Like any form of self-care, therapy is most effective when it's regular and intentional. Try to schedule sessions at the same time each week and treat it like a non-negotiable commitment to your wellbeing.

## 9 FAMILIARIZE WITH THE SOFTWARE

Before your first session, take a few minutes to explore the client portal and telehealth platform through SimplePractice. You can use the portal to complete forms, send secure messages, and manage appointments. Logging in early helps ensure a smooth experience and gives you time to troubleshoot any tech issues before your session begins.

✓ Pro Tip: Check out the [Getting to Know Your Software Handout](#).

By preparing your space and familiarizing yourself with these tip, you're setting the stage for a positive and productive experience. At Libra Virtual Care, we're here to support you every step of the way—wherever you are.