



Your Guide to Telehealth at Takoma Therapy

Flexible care. Meaningful connection.

Reaching out for therapy is a big step, and we want it to feel as accessible and supportive as possible. At Takoma Therapy, we offer both in-person and online sessions, depending on your needs and your therapist's availability.

Telehealth allows you to connect with your therapist through secure video sessions. It offers flexibility and convenience, especially if your schedule is tight or leaving home is difficult. Whether you are just beginning therapy or continuing care, this guide is here to help you feel more grounded in the telehealth experience.

Getting Started with Telehealth

Your Privacy Matters

Therapy depends on trust. That is why we use **SimplePractice**, a secure platform that protects your personal health information. SimplePractice is fully compliant with HIPAA, the federal law that ensures your privacy and confidentiality in health care settings.

We do not use artificial intelligence to record your sessions or write your notes. Your therapist is the only one present during your session, and writing your notes. All our therapists have supervisors who read notes and provide supervision.

If you would like to learn more about how SimplePractice protects your privacy, you can read about it on their website [here](#).

Licensing and Location Requirements

Therapists must be licensed in the state where you are **physically located** during the session. This is a legal requirement, even if you live in a different state.

All of our therapists are licensed in **Maryland**, and many are also licensed in **Washington, DC**. If you are planning to travel, or if you move to another state during therapy, please let your therapist know. We will do our best to continue your care legally and ethically, or help you transition to another provider if needed.

Creating a Supportive Space for Telehealth

A Quiet, Private Environment

Therapy is your time, and your environment plays a big role in helping you feel focused and safe enough to speak openly. Try to choose a space that feels private and free from interruptions. This could be a spare room, a corner with a closed door, or even a parked car.

If you are worried about noise or privacy, bring it up with your therapist. We are here to help you troubleshoot and find a setup that works for you.

Creating Consistency

In a traditional therapy office, the space acts like a container. Walking into and out of the office marks the beginning and end of each session. The room helps you enter a more reflective state, and leave your issues there when you leave.. With telehealth, you may need to build that kind of space for yourself.

Try to avoid places already associated with rest or work, like your bed or your desk. Instead, create a consistent spot that is comfortable and free of distractions. Small touches can help too, like a blanket, a candle, a box of tissues, or a cup of tea. The goal is not perfection, but familiarity and intention.

Keeping Your Camera On

Therapy is about connection. And while words matter, so much of therapy also happens through nonverbal communication. Facial expressions, posture, tone, and gestures all offer valuable insight. Keeping your camera on helps your therapist better understand what you are feeling and how to support you.

If you feel uncomfortable on camera, that is something you can talk through with your therapist. The work is relational, not performative. We are not looking for perfection, just presence.

Using a Car as Your Therapy Space

If your car is the most private place available to you, that is okay. Just make sure you are parked before your session begins. Therapy requires your full attention, and driving while talking about emotional topics is not safe for you or anyone else.

Taking the time to park, settle in, and treat therapy as a dedicated moment in your week is part of caring for yourself well.

Transitioning In and Out of Therapy Sessions

Therapy often requires emotional honesty and vulnerability. That kind of openness can feel very different from your everyday life. Giving yourself a few minutes before and after your session can help you stay grounded.

Before therapy, consider:

- Taking a few deep breaths
- Journaling for a couple of minutes
- Stretching or doing light movement
- Sitting quietly

After therapy, especially if strong emotions come up, you may need time to regroup. Some helpful post-session rituals might be:

- Making a cup of tea

- Taking a walk
- Listening to music
- Writing down a few takeaways
- Petting an animal
- Doing something soothing or creative

You can also work with your therapist to create a post-therapy self-care plan or self-care kit. These rituals help you move more gently between therapy and the rest of your day.

Deciding Between Telehealth and In-Person Therapy

Telehealth and in-person therapy both have value. The right choice depends on your needs, your lifestyle, and what helps you feel most engaged.

Telehealth might be a good fit if you:

- Need flexibility in your schedule
- Prefer not to commute
- Live far from your therapist's office
- Feel more comfortable in your own space
- Have limited access to childcare or transportation

In-person sessions may be better if you:

- Have trouble finding privacy at home
- Prefer a shared, structured space
- Want fewer technological distractions
- Feel more connected in face-to-face conversations

If you are unsure, talk with your therapist. Some clients start virtually and later move to in-person, or alternate between the two depending on life circumstances.

Making the Most of Your Telehealth Experience

Telehealth can be a powerful way to engage in therapy, especially when it fits more easily into your daily life. Whether you are joining from home, your car, or another private space, what matters most is that you are making time for yourself.

Therapy is not about having the perfect setup. It is about being willing to show up with honesty and intention. You bring your story. We bring our care, experience, and commitment to walking alongside you.

If something about the virtual format feels hard or uncertain, you can talk about it. You do not have to adjust alone. Therapy works best when there is room for real conversation, including conversations about what is and is not working.

You are allowed to take up space here. You are allowed to ask for what you need.

We are here to support your growth, wherever you are.

This is your space. Your pace. Your work.

If you have questions about telehealth or want to talk through what format might work best for you, your therapist is always happy to help. And if you are not yet connected with a therapist at Takoma Therapy, we would love to hear from you at intake@takomatherapy.com.