

WORKSHEET – My Concerns about Telehealth with Couples

My concern:	Thinking it out:
I won't be able to read their body language	
The couple's home is too chaotic	
I will miss the company of other therapists	
I am not very good at technology	
I won't have as much control over the session	
My clients won't like it	
I don't like how I look on camera	
I won't be able to get them to look at each other	
I will lose the personal connection with my clients	
I won't be able to be as directive with my couple	