TELEHEALTH FOR COUPLES

Can we attend couples therapy virtually?

Absolutely! While in-person couples therapy offers some advantages for experiential work, teletherapy can also be effective.

Between work, childcare, transportation, and busy schedules, getting two people into the same room at the same time isn't always easy. I want therapy to be accessible without sacrificing the quality of our work together.

Can we attend teletherapy from different locations?

Sometimes! Both partners must be physically located within a state I'm licensed to practice. I will also need to know each partner's physical location during the session.

If one or both of you will be traveling outside of Arkansas, please let me know before your appointment. We may need to reschedule until you return.

Attending separately can occasionally be helpful, but it may also change how we communicate, connect, and respond to one another. We'll discuss whether separate locations are appropriate for the specific work we're doing.

Can we attend couples teletherapy from our car?

Yes, provided the vehicle is safely parked and remains stationary. **Neither partner may drive during a telehealth session.**

A parked car may offer privacy when other spaces aren't available. However, both partners need to feel comfortable speaking openly without worrying about being overheard or interrupted.

Keep in mind that we naturally adjust our emotions and behavior to our surroundings. If you're worried someone may walk by, overhear you, or look through your window, you may hold back without realizing it. Privacy matters because therapy sometimes asks us to be vulnerable.

Do we need privacy during couples teletherapy?

Yes. Both partners need a reasonably private space where they can speak openly without being overheard, monitored, or interrupted.

That doesn't mean your home needs to be perfectly quiet. Children may need attention, pets may interrupt, and someone may occasionally knock on the door. We can usually work around these moments.

However, if others can routinely overhear our conversations, if either partner feels monitored, or if interruptions prevent meaningful engagement, we may need to reschedule.

Privacy isn't about creating perfect conditions. It's about creating enough safety for both partner to participate honestly.

What if we start arguing during the session?

That's not unusual. In fact, seeing how conflict unfolds between you can help us better understand the patterns we're working to change.

My role isn't to prevent every disagreement. It's to help you recognize what's happening, slow things down, and find different ways of responding to one another.

If a conversation becomes overwhelming or escalates beyond what we can safely manage, I may interrupt, redirect, or temporarily pause the interaction. In teletherapy, that may occasionally include using the platform's mute function, especially if you present separately and keep interrupting one another.

The goal isn't to silence either partner. It's to help both of you feel heard without allowing the conversation to become harmful or unproductive.

What if one of us leaves the session or disconnects?

If one partner leaves or disconnects unexpectedly, I'll generally pause the session rather than continue couples therapy with the remaining partner.

We'll attempt to reconnect, address what happened when appropriate, and determine whether it's helpful and safe to continue. Sometimes, we may need to end the session early.

Can one partner attend if the other cannot make it?

Not typically. Couples therapy is different from individual therapy, and an appointment doesn't automatically become an individual session when one partner is absent.

There may be times when meeting with one partner individually supports our couples work, but those meetings are intentionally, typically structured, discussed in advance with both partners, and consistent with our treatment plan.

Can our children or other people be nearby during sessions?

Occasional interruptions from children or other household members are understandable. However, children should not be present for couples therapy, even if they are quietly playing, wearing headphones, or seemingly uninterested in the conversation.

Couples therapy can involve difficult conversations about conflict, resentment, intimacy, sex, betrayal, and other sensitive subjects. Hearing parents discuss these matters can be confusing, distressing, or emotionally burdensome for children, particularly when they are exposed to conflict they may not fully understand or feel responsible for resolving.

A child doesn't have to interrupt a session for their presence to be concerning. We want to protect children from being placed in the middle of adult relationship difficulties, even unintentionally.

I recognize that childcare isn't always easy to arrange, and brief, unexpected interruptions are understandable. However, children should not be within earshot of our conversations. If we cannot maintain that separation, we may need to pause or reschedule.

I also generally recommend that other adults not be present unless we've discussed their involvement beforehand. Couples therapy works best when both partners have the freedom to speak openly without managing an audience.