



IS YOUR TELETHERAPY SETUP HIPAA- READY?

A 5-minute self-assessment for therapists
doing video sessions from home.

Score your setup. Find the gaps.
Fix what matters most.



THE PROBLEM

YOUR SETUP IS COSTING YOU CLIENTS

88% of therapists now do some form of telehealth. But most are running sessions with a laptop camera, overhead lighting, and a bookshelf they hope looks professional enough.

Your clients can only see what the camera shows them. That rectangle is your entire therapeutic environment. And research confirms it matters more than most therapists realize.

60%+

of clinicians report burnout linked to virtual care. Poor setup compounds fatigue from back-to-back video sessions.

341K

therapists doing telehealth in the US right now. Almost none have an intentional video setup.

MEDICARE ALERT: JANUARY 31, 2026

The hybrid model is no longer optional.

Medicare now requires an in-person visit within 6 months of the first telehealth session for behavioral health. Therapists who were 100% remote must now maintain a space ready for both virtual and in-person care. Non-compliance means automatic claim denials.

The Therapeutic Alliance Factor

Meta-analysis of 34 studies shows the alliance-outcome connection in teletherapy is significant but weaker than in-person. Better equipment enhances the sense of presence. Better presence builds stronger alliance. Stronger alliance means better outcomes, better retention, and more referrals.

The checklist on the next two pages covers the six areas that matter most. Check each item honestly. Your score tells you exactly where to focus.

THE ASSESSMENT

YOUR SETUP SCORECARD

Check each item that is true for your current setup. Count your total checks at the end.

HIPAA AND PRIVACY

- ☐ **Dedicated room with a door that closes and locks** during sessions
- ☐ **Sound isolation** so conversations cannot be overheard from outside the room
- ☐ **Screen positioned** so no one else in the home can see your monitor during sessions
- ☐ **White noise machine or acoustic treatment** at the door to prevent sound leakage
- ☐ **HIPAA-compliant video platform** with a signed BAA (not consumer Zoom, FaceTime, or Google Meet)

CAMERA AND EYE CONTACT

- ☐ **Camera at eye level** so you are not looking down at clients
- ☐ **External webcam or dedicated camera** (not the built-in laptop camera)
- ☐ **Client video window positioned directly below the camera** to approximate natural eye contact
- ☐ **Stable, non-shaky mounting** for your camera (tripod, arm, or monitor mount)

LIGHTING

- ☐ **Key light in front of you** (not behind or to the side) that illuminates your face evenly
- ☐ **Warm color temperature** (3200K-4500K) that feels inviting, not clinical or harsh
- ☐ **No competing light sources** (windows behind you, overhead fluorescents creating shadows)
- ☐ **Consistent lighting** that does not change throughout the day as sunlight shifts

SOUND AND AUDIO

- ☐ **External microphone** (not laptop built-in) for clear, close-proximity audio
- ☐ **No echo or hollow sound** in your recordings (test by recording yourself and listening back)
- ☐ **Household noise controlled** with no dogs, kids, or appliances audible during sessions

BACKGROUND AND ENVIRONMENT

- ☐ **Intentionally designed background** visible in your camera frame (not a random wall or cluttered shelf)
- ☐ **Warm but professional** with no personal items (family photos, religious items) that could distract or trigger
- ☐ **Consistent setup** that looks the same every session (familiarity builds safety for clients)
- ☐ **No virtual backgrounds or blur** (these signal "I have something to hide" to clients)

ERGONOMICS AND FATIGUE PREVENTION

- ☐ **Monitor at arm's length and eye level** to prevent neck strain during 6-8 session days
- ☐ **Separate monitor from laptop** so you can position both client view and notes comfortably
- ☐ **Chair and desk height** that supports full-day sessions without back or shoulder pain

Score Your Results

18-22**Exceptional**

Your setup is working for you, not against you. Small refinements could still elevate your presence.

12-17**Functional But Exposed**

You have gaps that affect client experience and may create compliance risk. A few targeted upgrades would make a significant difference.

0-11**Needs Attention**

Your setup is likely costing you client retention, increasing your fatigue, and may not meet HIPAA requirements. This is fixable.

YOUR NEXT STEP

KNOW YOUR SCORE. FIX THE GAPS. SHOW UP BETTER.

Most therapists score between 8 and 14 on this assessment. That means the majority are running sessions in a setup that works against them. Against their clients. Against their revenue.

I build turnkey teletherapy setups designed specifically for how therapy works on camera. Not generic office design. Not a ring light and a bookshelf. A setup built around therapeutic presence, HIPAA compliance, and all-day comfort.

Book a free 15-minute virtual consultation. I will review your current setup on camera and tell you exactly what to fix first.

BOOK YOUR FREE SETUP REVIEW

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