

Things to consider regarding computer hardware when providing teletherapy services:

- Solid State Drivers (SSD) - this is a key component to look for in your new computer (as opposed to Hard Disk Drivers - HDD) which create bottlenecks that slow performance
 - An SSD driver will ensure your applications will run fast and your computer will have a startup time of less than 10 seconds
- 8 GB of RAM (every computer nowadays comes with a minimum of 4GB), if you want to avoid upgrades anytime soon
- For processors, look for at least an Intel i5 of the 6th Generation (an i7 of the Seventh Generation is the best option)
- Beware that Telepractice requires way less power than provided by the recommendations above; however, these recommendations will help you avoid needing to upgrade/change your machine in the next 4-5 years.