

Tips for Successful Video Counseling

- ♥ Save and flag the email with your session link for easy access at the time of your appointment.
- ♥ Get online, using the link a few minutes early to ensure everything is working.
 - If it's not working for you or you need help - call my cell 254-644-9886 so I can help you. I promise I do not mind helping you.
- ♥ Remove distractions to ensure this time is for you just like you would if you were coming into my office.
- ♥ Make your space for the call as private, quiet and distraction free as possible.
 - There is a chat bubble at the top right and of the GoToMeeting screen once you are on the call. You can click the chat bubble, a drop down box will appear and you can type to me if for some reason you are concerned about being over heard.
- ♥ Resist the temptation to multi-task. This time is for you, you deserve it to be unobstructed and focused wholly on your needs, not cooking or filing or texting . . . IT'S YOUR TIME!
- ♥ Look at how you are framed in the video screen and ensure I can see your whole face.
- ♥ Let go of the fear of judgement for what you look like on video, I promise you, I am here to help you, NOT judge your appearance on a video chat.
- ♥ Have some light in front of you rather than behind you. If it is behind you, I cannot see your face, you will be in silhouette. I need to see your face for emotional connection, attunement, empathy and so much more.
- ♥ If you see me as a couple, sit together in front of one device. Two devices create a really bad feedback issue and it is impossible to communicate clearly over the feedback. You can also be on separate devices in separate places (even if only different rooms of same house).
- ♥ If you are a family of more than 2 that I am working with, please use separate devices from separate locations. 3 or more faces don't fit on a screen very well.
- ♥ If 3 or more people are on the call on separate devices, your experience will be best if you are on a tablet or computer (lap or desktop). On a phone the screen will flip from person to person based on who is speaking on the larger screens of a tablet or computer, there are boxes to display each person on the call at all times. It is much more pleasant to look at and less chaotic feeling.