

How To Have a Video Session with Your Therapist

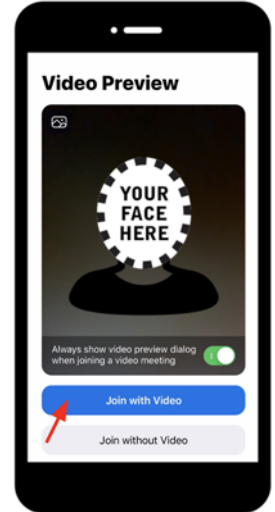
Before Your Session:

- 1) Download the Zoom app from the Apple App Store or Google Play store.

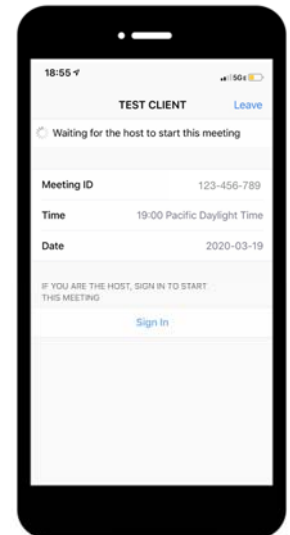


When it's time for your session:

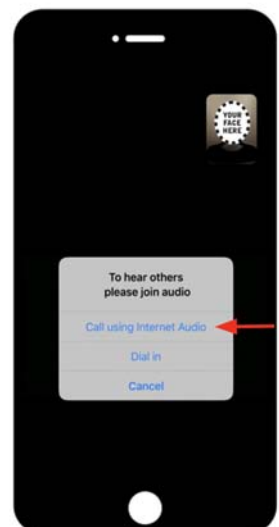
- 1) Your therapist will text or email you a link to your Zoom session
- 2) Click on the link that you receive from your therapist
- 3) This will launch the Zoom app on your phone. If prompted to open Zoom, click "Open"
- 4) If prompted to allow Zoom to use your camera and microphone, **click "OK"**
- 5) Wait a moment, and then the app will show you a video preview. Make sure that your face is centered in the screen. Then **click "Join with Video"**



- 6) *You may see a message asking you to wait.* If you see a message asking you to wait, it means your therapist hasn't joined the session yet. Please wait, and the session will start automatically once your therapist joins.



- 7) Next, you'll be asked to join audio. Please **select "Call using Internet Audio"**



If you have any technology problems during your session, please to call or text your therapist. Have a great session!