



# PREPARING FOR YOUR VIDEO SESSION

Thank you for choosing Small Town Counseling®. We value your time and commitment to the therapy process. Please review the below considerations as you prepare for your video sessions.

## SECURE A PRIVATE SPACE

Select a space that is quiet, provides minimal distractions, and ensures your session is private. Remember, your sessions are **confidential**.

### TRY TO AVOID

- Public Spaces (i.e. coffee shop, library, cubicle)
- Shared Spaces (breakroom, dorm room, living room)
- Car drives with other passengers

## TECHNOLOGY

You can access your session from any smart device, home computer, or laptop. Here are some Technology Tips to help you be present during your session.

- Ensure device is charged
- Confirm a strong internet signal
- Use headphones, if needed
- Turn camera on
- Close all other apps on your device
- Turn off/silence all other devices (i.e. phone, tv, tablet)



Microsoft Teams

Small Town Counseling® uses Microsoft Teams for all video sessions.

## Tips for Kids

- **Get your child set up 10-15 minutes prior to a scheduled session.**
- **Unless a parent or sibling is scheduled to be a part of your child's sessions, ensure others are not present. Your child needs a quiet, private space to complete their appointment.**
- **Encourage your child to use the bathroom prior to session.**
- **If your child prefers, provide headphones.**
- **Create a therapy box of commonly used items that your child brings out at every session. This box may include**

- **Notebook**
- **Crayons/Markers**
- **Blank sheets of paper**
- **Play-Doh**
- **Scissors/Glue stick**

