Tips to Enhance Your Session Experience

Set-up
- Set up the room, computer, and camera prior to the session.
- Find a private space, free from distractions.
- Use headphones to ensure privacy.

Computer Considerations
- Place the computer on a table or desk—avoid placing on your lap.
- Do not pick up the device and walk around with it during the session.
- Close all other tabs prior to beginning your session.
- Make sure your computer is charged.

Lighting
- Make sure window curtains are closed.
- Choose lighting sources directly in front of you or overhead to avoid shadows.
- Make sure you are not backlit. If you are sitting in front of a window or a bright light, the client will only be able to see your silhouette.
- Try to reduce glare on the screen, including from glasses.

Delivery
- Talk naturally using the same tone you would use if the client was sitting in your office. Avoid yelling in the microphone.
- Plan for a lag in your video:
    - Often when doing a video conference, there will be a video lag.
    - Pause between questions, comments, or reflections to allow for the lag.
- The camera view should generally capture your view from the shoulders up., much like a passport photograph. There should be a small space above your head. Your head, neck, and shoulders should be clearly visible.
- Place your camera central to your monitor, so that you can look at your therapist's face in the screen as if you are looking at them in person.
- To achieve the most direct eye contact, try to make your eyes as level to the camera as possible.