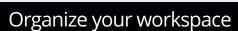
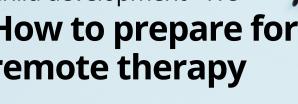




How to prepare for remote therapy







Family Inform them and request a quiet environment



Phone Should be muted/off, you can return to it after



Apps and messages Using your computer? Turn of push notifications



Electricity and communication Batteries can die, unstable internet connection can be distracting



Lighting and background Enough light, "quiet" background



Please don't disturb Sometimes, it's necessary

Prepare yourself



Food, drinks, bathroom Before you begin



A hot drink You might need one if your voice becomes hoarse



Clothing Choose something comfortable and "quiet", you should be the center of attention - not your clothes

Prepare the session



Camera and microphone Make sure they're working



Relevant material for the session

Use your own, or choose from the material we have uploaded to our site



Get to know your patient

Collect the relevant information via our system and get to know your patient before the session begins