



- Our new normal is meeting people through video conferencing. Here are some guidelines to help through this adjustment period. If you have anything to add please comment.

Do's and Dont's When on a Video Conference

The general rule to guide is if you wouldn't do it in person, then don't do it now. I have been conferencing with therapist's all over the nation and it seems some guidance is needed to help everyone adjust to the world of video conferencing.

Do's:

- Do create a space for privacy that is calm and quiet. Some have only been able to find this in their bathroom or car.
- Let the person you are meeting with know if they are too close or too far away from the camera (this will help with feeling someone seems overbearing or disconnected). Same goes with if you can hear them or not.
- Click on leave meeting, when session is over.
- Watch the volume of your voice so you don't speak too loudly.

Don't:

- Take a computer, laptop, tablet, or phone into the bathroom with you if you need to do your business. It could become uncomfortable if the video or microphone is accidentally left on.
- Dress during the session. Please come to the session already dressed.
- Come to session without pants on.
- Don't attend the session with an alcoholic beverage or smoke.