



CAPITAL OCD
& ANXIETY PRACTICE

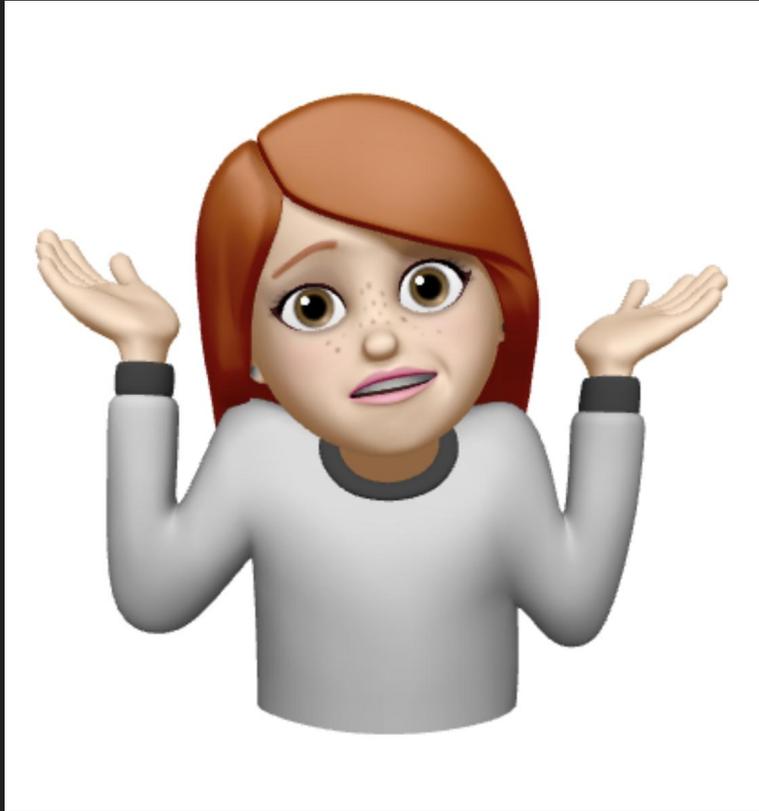
presents

Virtual COAPing



When life gives you lemons, make...

... more screen time?



What is teletherapy?

Sessions we have like in the office, but we meet online instead.

Like meeting at my office, we would keep working on our goals but also make time to talk about any new problems or exciting things.



How to set up

Step 1: Pick a good place. A lot of people like to pick a bedroom or home office.

A good spot would be where:

- You can sit or stand comfortably
- You have room to wiggle if you need
- A parent can join (at least part of the time)
- Your screen device has space
- You have privacy from others
- There aren't many distractions

More setting up

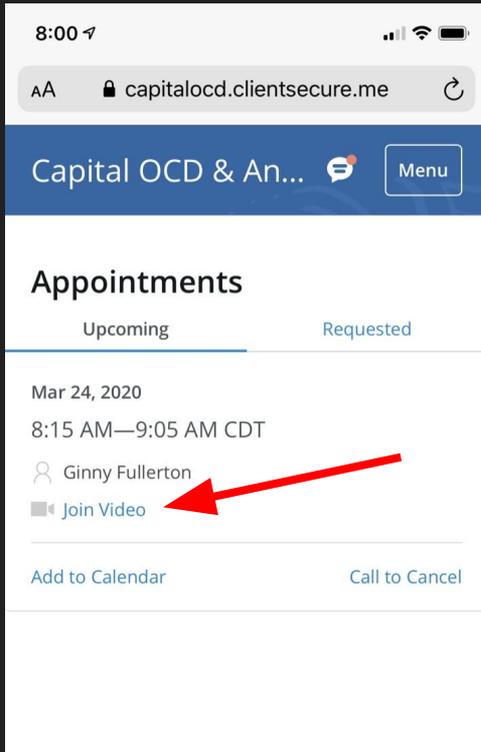
Step 2: Pick a device: probably a computer or tablet (iPad)

Step 3: Get a parent's help setting up and testing out:

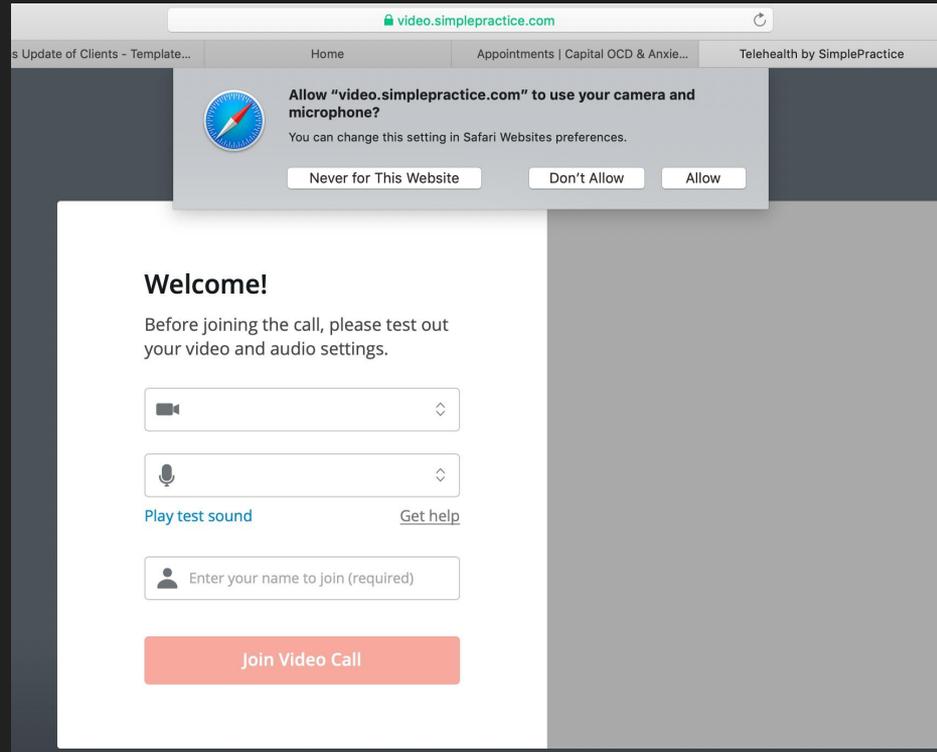
- The video on your device
- Access to the Portal account we will use for secure video:
<https://capitalocd.clientsecure.me/>
- Options: use your favorite web browser or get the Simple Practice Telehealth App

The Online Web Browser Way

Log into Client Portal and click to Join Video

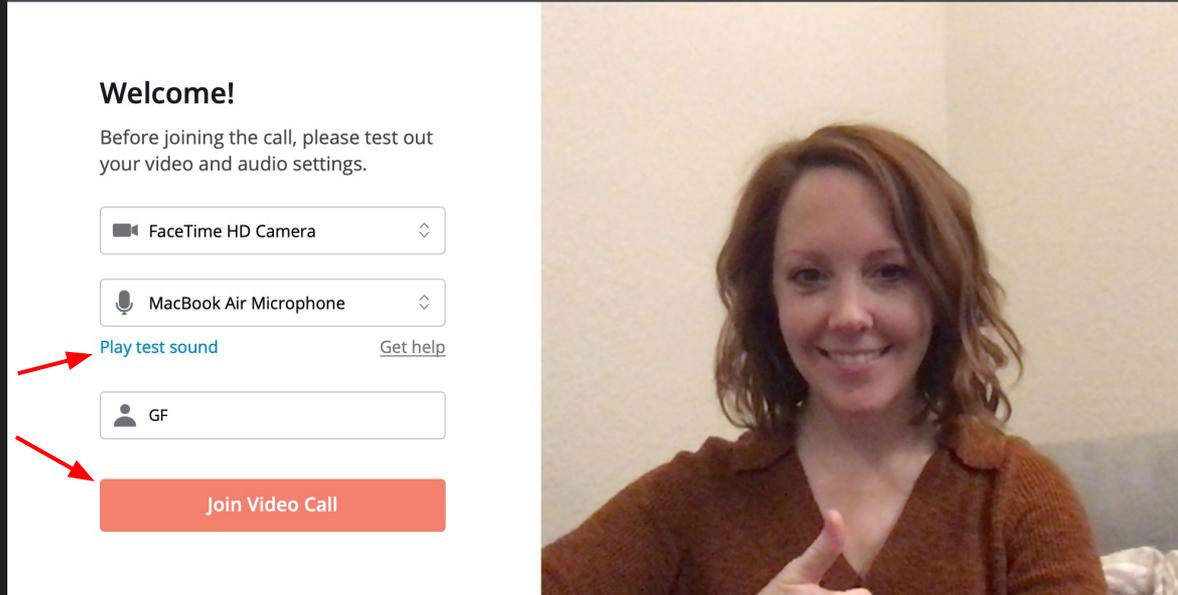


Allow camera and microphone use. Note- Chrome may ask additional questions. You do not need to record our session, and there is no guarantee that this would be secure.



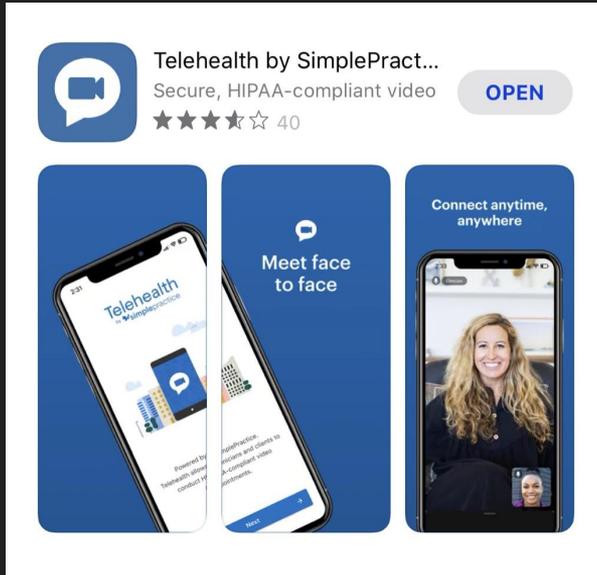
You're almost there!

Play test sound if you want to make sure you have audio, and then just Join the Video call!



The App way

Download, open, and enter the video link sent to a parent in a reminder email or an email from me.



Enter the video link and your name. No other login required.

A screenshot of the app's interface. At the top is the 'Telehealth by simplepractice' logo. Below it is a text input field with the placeholder 'Enter or paste your video link (required)'. Underneath is another text input field with the placeholder 'Enter your name for the call (required)'. Below the name field is a note: 'Your name will be saved locally on your phone only'. At the bottom is a large blue button with the text 'Join Video Call'.

Almost there!

Step 4: Be ready to join the video call a few minutes before our scheduled time, just in case you remember a need to use the restroom, grab your therapy homework, or fix your hair right as you're getting ready! Join the video call, and I will be there!



So, what do you want to do when we meet?

Did you know we can screen share?!

I can't wait to hear about your life, keep going on our goals, and explore this online world together!

