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Notes About TeleHealth Sessions

At the start of our call, I will ask you where you are and for a phone number I can call, if we get disconnected. If we have problems with connection or technical challenges, we will simply move to telephone.

Here are some suggestions in preparation for our session:

- Use a computer or device with a good internet connection and webcam. If you run into issues connecting, restart your computer or check out [Doxy.me](http://help.doxy.me) <http://help.doxy.me>
- Only have 1 browser open if you are using a laptop or desktop
- It seems to me that computers work better than cell phones.
- Headphones might help, if you are experiencing feedback
- It is best if you have light behind your computer and shining on your beautiful face. Less shadows, more light!
- Try and arrange computer so camera is eye level
- Please be on time, your session will be the same duration as in-office sessions. You can click on the link 5-10 minutes prior to your session and you will be connected to a waiting room. I will invite you in at your appointment time. <https://doxy.me/singing>
- Make sure you are in a space for ultimate privacy during the session.
- These sessions are not recorded. I request that you do not record them either.
- Fees and CoPays will be the same and addressed at the beginning of the session. You can either mail a check to me or we will use Square Invoicing.
- The same cancelation policy applies to on-line sessions.
- If you are having a difficult time logging in, call or text me: 206-491-5047

I have a consent form for use of TeleHealth for therapy. If you have not already done so, please print, sign, and mail to me at address on the form. I think it also works to print, sign, and scan it back to me (although note that this is less private than putting it in the mail).

Thank you!

Barbara