

Preparing for Virtual Psychological Well-Being Sessions

My-PWB



Technical Considerations

1. **Internet Connection:** Ensure a stable and reliable internet connection to minimise disruptions during the session. Consider using a wired connection for better stability, especially if experiencing issues with Wi-Fi.
2. **Device Setup:** Use a device (computer, laptop, tablet, or smartphone) with a functioning camera and microphone. Position the device at eye level for optimal visibility and engagement during the session.
3. **Software Compatibility:** Install and familiarise yourself with the video conferencing software (e.g., Zoom, Microsoft Teams, Google Meet) being used for the session. Ensure it is compatible with your device and operating system.
4. **Privacy and Security:** To ensure confidentiality, choose a quiet and private location for the session. Consider using headphones to maintain privacy and reduce external distractions.
5. **Backup Plan:** Have a backup plan in case of technical difficulties, such as a phone number to call or an alternative video conferencing platform to switch to if needed.
6. **Test Connection:** Conduct a test call or connection with the therapist prior to the session to ensure everything is working smoothly. Check audio and video quality and any additional features or functionalities used during the session.
7. **Notifications and Distractions:** To minimise distractions during the session, disable notifications and close unnecessary applications or browser tabs. Set your device to "Do Not Disturb" mode if it is available.
8. **Comfort:** Ensure you're comfortable and relaxed during the session. Sit in a supportive chair with good posture and have any necessary materials (notebook, pen) nearby for taking notes or jotting down thoughts.
9. **Engagement:** Stay engaged and attentive during the session by maintaining eye contact with the camera, actively listening to the therapist, and participating in the conversation as you would in an in-person session.
10. **Feedback:** Provide feedback to the therapist about any technical issues or concerns you encounter during the session. Open communication can address issues promptly and ensure a positive experience for both parties.

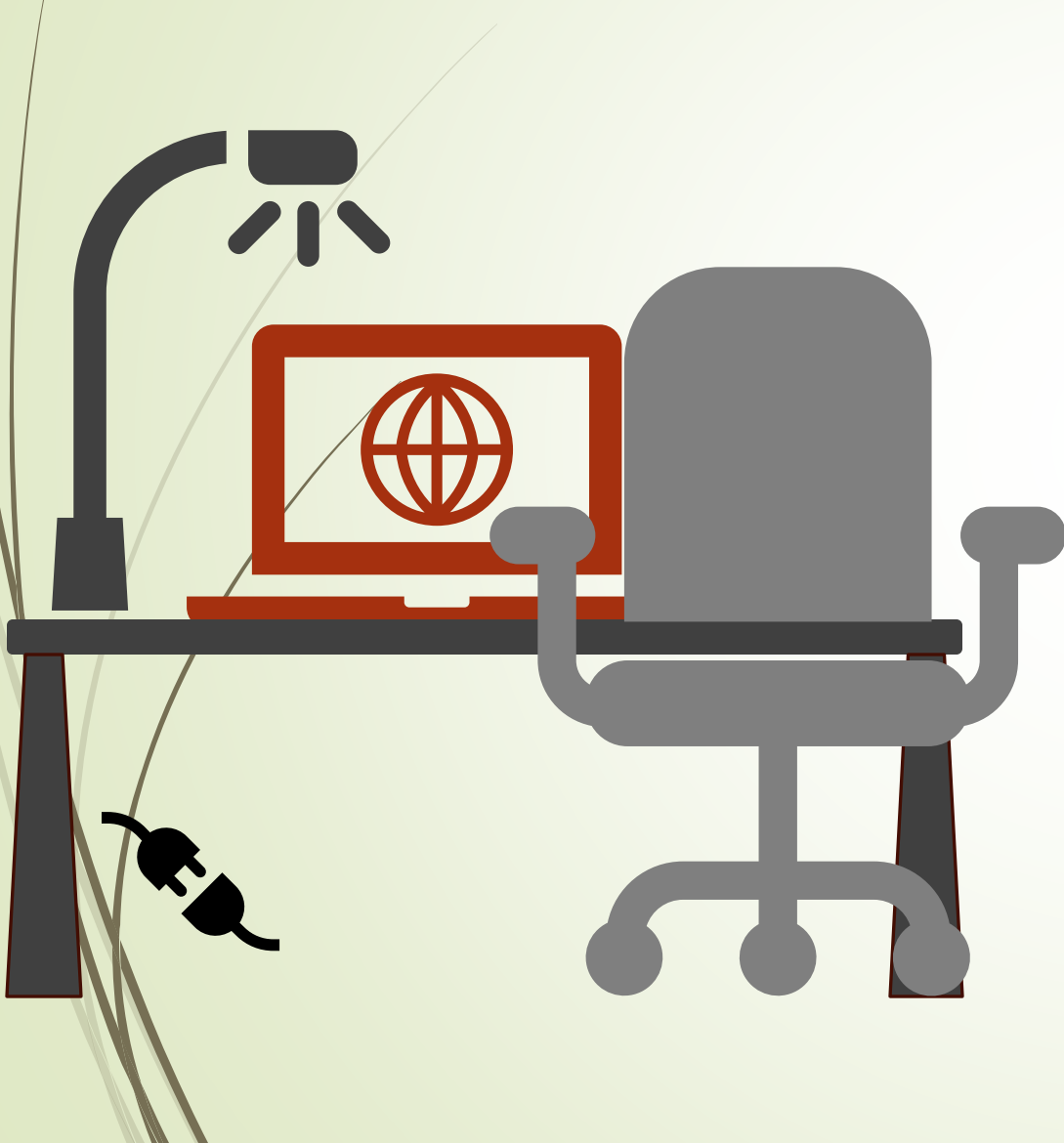


Privacy Considerations

1. **Secure Connection:** Ensure that you're using a secure and private internet connection, preferably at home, to minimise the risk of unauthorised access to your therapy session.
2. **Private Location:** Choose a quiet and private location for your therapy session where you won't be overheard or interrupted by others. Close doors and windows to minimise outside noise and distractions.
3. **Confidential Communication:** Avoid discussing sensitive or personal topics in public places or locations where others can overhear your conversation. Treat virtual therapy sessions with the same level of confidentiality as in-person sessions.
4. **Device Security:** Keep your device (computer, laptop, tablet, or smartphone) secure by using password protection and ensuring that your software and antivirus programs are up to date to prevent unauthorised access to your device and personal information.
5. **Close Other Apps and Notifications:** Close any unnecessary applications or browser tabs on your device to minimise distractions and protect your privacy during the therapy session. Consider enabling "Do Not Disturb" mode to silence notifications.
6. **Camera and Microphone Settings:** Familiarize yourself with the settings on your device's camera and microphone to ensure they are properly configured for the therapy session. Test your audio and video settings before the session begins to avoid technical issues.
7. **Password Protection:** If the video conferencing platform used for therapy sessions requires a password to join, keep the password confidential and avoid sharing it with others to prevent unauthorised access to the session.
8. **End Session Securely:** Once the therapy session is complete, log out of the video conferencing platform and close any related applications or browser tabs to prevent unintended access to your personal information or session details.
9. **Feedback and Concerns:** If you have any concerns about privacy or confidentiality during the therapy session, don't hesitate to communicate them to your therapist. Open communication can address any issues promptly and ensure a safe and secure environment for therapy.
10. **Review Privacy Policies:** Take the time to review the privacy policies and terms of service for the video conferencing platform used for therapy sessions to understand how your personal information is handled and protected.



Device Positioning



1. Place the device (computer, laptop, or tablet) on a flat, stable surface, preferably near a power outlet.

2. Position yourself in a well-lit area with natural or artificial light in front of you, rather than behind you, to ensure that your face is evenly illuminated and visible on the screen. Avoid sitting in overly dark or harshly lit places.

3. Position your device within easy reach so that you can interact with the therapist and access any materials or resources during the session without difficulty.

4. Sit in a comfortable, supportive chair with good posture to prevent discomfort or fatigue during the session. If needed, use cushions or pillows to provide additional support and comfort.

Device Distance and Height



1. Eye Level: Position your device (computer, laptop, tablet) so the camera is at eye level. This helps you maintain good eye contact with the therapist and feel more connected during the session. Aim for a distance that allows the therapist to see your facial expressions and upper torso so that they can pick up on your body language.

2. Background: Choose a neutral and uncluttered background for your therapy session to minimise distractions and maintain focus on the conversation. Avoid sitting in front of bright windows or busy backgrounds that may be distracting.

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4. Accessibility: Position your device within easy reach so that you can interact with the therapist and access any materials or resources during the session without difficulty.