

YOUR ONLINE SESSION

Getting ready:

- [Download Zoom](#) if you can - it's not absolutely necessary but could be helpful
- Connect with a computer or laptop rather than your phone if possible. Set the computer on a table far enough away that I can see both of you in landscape and high enough that I see your faces
- Be close to your internet source to help signal strength if necessary. Video consumes a high band-width so keep that in mind if your kids will be utilizing online resources simultaneously
- Ensure you are plugged in to ensure your battery doesn't run out during the session
- Create a space to duplicate the feeling of an in-person appointment where you can focus for the entirety of the session. A quiet, private space with no background noise. If you have pets that could be a distraction, contain them with a long lasting treat or contain them to a room. If you have children, this is a wonderful example for them - relationships and individuals need care, attention, education for mental health. For younger children you might have a certain video they can watch only during your sessions.
 - Couples set-up should include:
 - For Couples: Two chairs facing each other.
 - Device on a table next to the chairs
 - Have tissues, water, paper and pen ready
 - Distractions limited
 - Individuals set-up should include:
 - Comfortable seating
 - Device set up to easily view and be seen (don't expect to hold your phone for the entire session)
 - Have tissues, water, paper and pen ready
 - Distractions limited

During the session:

- Call into the Zoom at the time of your session
- Let's have a back-up plan if the internet goes down:
 - Please know I will never disconnect or hang up. If we get disconnected, link back in. If circumstances continue to allow me to come to my office, I have stable fiber internet and little disruption. (It did get cut once during construction down the road.) If Zoom gives you a statement that your internet is not stable, just wait a moment as it usually catches up.
 - If that doesn't work, call my phone 317-791-2211 and we'll have a session on speaker phone with the phone between you two for couples sessions..
- For couples, We will hold a normal session with check-in, dialogue, check-out. You'll be facing each other as you do in my office. Please try to speak loud enough for me to hear you.

For couples after and between sessions:

- Carve out 10-30 minutes each day to connect - perhaps even utilizing the special space you've created for our sessions. Here are some sentence stems to help. Remember to mirror.

- One thing I appreciate about you is...
- Where I am today with my Covid anxiety is...
- What I need from you right now that would help me feel calm...
- One way I've experienced you helping this situation is...
- One wish I have for our family during this time...
- One thing I'd like us to continue to do after Covid passes...
- Be extra kind to each other. Repair as fast as you can if an unkind zinger slips out. Your relationship is more important than who empties the dishwasher.
- Breathe. Three deep breaths in through the nose, out through the mouth.