

INSTRUCTIONS FOR ZOOM COUNSELLING SESSION

- Zoom is a secure and end-end encrypted video conferencing platform that meets all BCACC and privacy standards for counselling sessions.
- You can download Zoom from Zoom.us to your laptop or computer or their app from the app store for use on a tablet or mobile device. **(This is optional and if preferred, you can just use the email link I send you before session to access our meeting)**
- Before your session I will send you an email with a Meeting Link.
- Five minutes before session time, click on the meeting link and it will take you to the Zoom platform or App.
- Click Start
- Allow Zoom access to your camera, microphone and audio (it will prompt you to do this).
- As the meeting host, I will start the meeting with you promptly at your session time.
- If we have connection issues, I will call you instead.
- Make sure you are in a private area and consider using headphones.
- If this is your first-time video conferencing, remember that we are all learning to adapt to uncertainty and novel situations together and this is new for me too. We will figure it out together!