GETTING READY FOR A VIRTUAL SESSION

1

Have Privacy

Go to a private, confidential place. Some people like to use their car, however, please be mindful of your wifi connection. Poor connection causes difficulties with audio and video speed.

2

Arrive Early

Access your personal video link a couple of minutes before the call to test your connection settings. If you set up reminder notification, your link will be sent to you. Otherwise, you can find it in the original confirmation email or through your client portal.

3

Tell Me Your Name

Type in your name (and pronouns if you'd like)

4

Join the Video Appointment

When you're ready to enter our virtual room, click "Join Video Appointment."

HOW TO MAKE THE MOST OF YOUR VIRTUAL SESSION

1 Headphones

Headphones are recommended for video sessions. This will help you hear better and can also help reduce any distracting sounds in your environment.

White Noise 2

Putting a white noise machine, like the ones people use to help babies (and adults!) sleep, by the door helps to muffle the sounds of us talking to anyone outside the room. Alternatively there a white noise machine apps you can download.

3 Lights/Lighting

Whether it's natural light or a lamp, having light in front of your face instead of behind your head helps me to see you better. Seeing your face gives me a chance to better attune to you and your expressions of emotion. The chef's kiss of therapy.

Bigger Is Better 4

Although you can absolutely use your phone or tablet, a laptop or desktop screen will help you see me better.

The Passion Lab
SEX + RELATIONSHIP THERAPY

PRE-APPOINTMENT REFLECTION QUESTIONS

1

What are your goals for therapy and why are these goals important to you?

2

What fears/worries do you have about starting this process?

3

Are there other people motivating you to come to therapy? Why is this important to them?

4

What is the best-case scenario if you DO work with a therapist on these goals?

5

What is the worst-case scenario if you DON'T work with a therapist on these goals?

6

What questions do you have for me?