



## BodhiTalk Video Counseling Instructions

What you will need:

- Laptop/Computer, Tablet or Smartphone with a microphone and front facing camera (We recommend a laptop/computer for best performance)
- WiFi Connection (preferably at least 2.6mbps download and upload speed)
- Google Chrome web browser on a computer
- Google Meet app on smartphone or tablet


Recommended:

We suggest using a Gmail account due to ease of use but this is not required. They are free to set up at <https://www.google.com/gmail>.

Getting Started:

We will need your email address in order to schedule your BodhiTalk appointment or consultation. When the appointment is scheduled, you will receive an email for a google calendar appointment. If you have a google account, the appointment will appear on your google calendar once you accept it by clicking yes (see below). In the email, there will be a link next to “Joining Info.” If you do not have google chrome or the meet app it will prompt you to download it once you click the link. We suggest you do this before your session to ensure it is all set up to avoid utilizing valuable session time.

Invitation: Online Session @ Fri Sep 15, 2017 4pm - 5pm (kim@bodhiwellness.care) Inbox x

 David Dolan via google.com  
to me

4:20 PM (2 minutes ago) ☆ ↶ ▾

Sep  
15  
Fri

**Online Session**  
[View on Google Calendar](#)

When Fri Sep 15, 2017 4pm – 5pm (EDT)

Who dave@bodhiwellness.care\*

Yes Maybe No

**Agenda**  
Fri Sep 15, 2017

No earlier events

4pm Online Session

No later events

Click to add to your calendar →

**Online Session** [more details »](#)

When Fri Sep 15, 2017 4pm – 5pm Eastern Time

Joining in [meet.google.com/hri-rahg-zau](https://meet.google.com/hri-rahg-zau)

Calendar kim@bodhiwellness.care

Who

- dave@bodhiwellness.care - organizer
- kim@bodhiwellness.care

Going? [Yes](#) - [Maybe](#) - [No](#) [more options »](#)

Invitation from [Google Calendar](#)

You are receiving this email at the account kim@bodhiwellness.care because you are subscribed for invitations on calendar kim@bodhiwellness.care.

To stop receiving these emails, please log in to <https://www.google.com/calendar/> and change your notification settings for this calendar.

Forwarding this invitation could allow any recipient to modify your RSVP response. [Learn More](#).

Click link to join video session

Phone and Fax: (732) 455-1450

Email: [info@bodhiwellness.care](mailto:info@bodhiwellness.care)

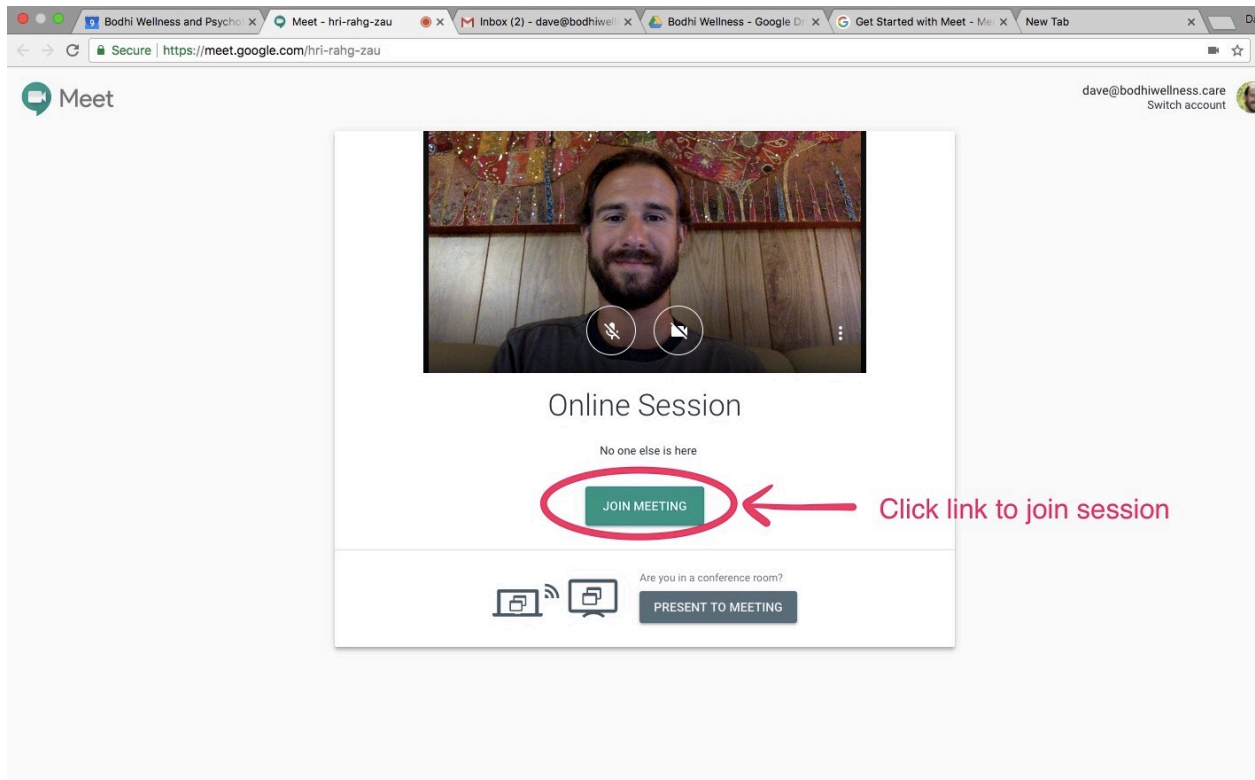
[www.bodhiwellness.care](http://www.bodhiwellness.care)

# BODHI

WELLNESS & PSYCHOTHERAPY

Once Google meet is open click “Join Meeting.” This will bring you into your BodhiTalk session. If you are not using a google account, your therapist will need to allow you into the session.

\*\*\*If you are using a laptop/computer all of this must be done from the Google Chrome Browser! If it is not, it will not work and will prompt you to download google chrome even if you already have downloaded it.\*\*\*



In order to ensure best performance, it is suggested that you inform others on your WiFi connection to refrain from high demand use, such as streaming video (Netflix) or playing online video games, during your BodhiTalk session. This will provide you with the best possible bandwidth for a high-quality video experience.

\*\*\*Note on Confidentiality: Bodhi Wellness and Psychotherapy ensures that all of your private health information is kept secure and confidential, including participation in BodhiTalk sessions. However, we cannot ensure that you keep your own information confidential. What this means is it is your responsible to take care of your calendar invites and emails in regard to BodhiTalk sessions. The easiest way to do this is to create a Gmail account to use solely with BodhiTalk. This is not necessary for use. \*\*\*

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