

How To Use Video Communications For Therapy Sessions

From Your Phone



1) Download the Zoom Cloud Meetings App.

Make sure you allow the app to use your **microphone** & **camera**.

2) Therapist sends meeting info.

Open the **Zoom link** sent by your therapist or **enter your Meeting ID** in the Zoom app.

3) Join the meeting.

Your Zoom app will open the meeting, or you will enter the waiting room. Be sure to:

- Click "**Join with Video**".
- Click "**Call using Internet Audio**" or "**Join Audio**" in the bottom-left corner of the screen.
- Or **dial in** and follow the instructions.

From Your Computer



Install Zoom at zoom.us/download for easier entry into sessions.

1) Visit zoom.us/join or click the meeting link.

If you're joining via zoom.us/join:

- Enter your **Meeting ID**.
- Click "**Open Zoom Meetings**".

If you're joining via link:

- Click the Zoom **link**.
- Click "**Open Zoom Meetings**".

If you're joining via installed Zoom:

- Click the meeting **link** or **open Zoom** from your desktop and enter the **Meeting ID**.

2) Zoom opens.

Please note, you may enter the waiting room if your therapist has not yet started the meeting.

3) Join with computer audio and camera.

Enable the microphone and camera on your computer and click "**Join with Computer Audio**". Click "**Start Video**" in the bottom-left corner to use your camera. Or **dial in** and follow the instructions.