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## PREPARATION for INTERNET THERAPY VIDEO SESSIONS

It will probably take a little effort, ingenuity and a few minutes in advance of your first virtual session, to optimally set up your space, chair, table, laptop, screen, props, and body, but I promise it will be worth your efforts in terms of the quality and outcomes. In particular, **direct, clear eye contact** is key, but can be challenging to achieve. So here are some set-up tips:

### **OPTIMAL Pre SET-UP INSTRUCTIONS:**

1. Identify a private space where you won't be interrupted during our session.
2. Find a fairly **straight chair** that you can bring in up quite close to your table or desk. Armless or low armrests are best so you can move your arms freely.
3. For right now, while you are setting things up, turn on a camera app on your laptop, like Facetime or Photobooth, **so you can see your face on the screen.**
4. Position your **laptop so that it is elevated high enough** so that **your eyes appear near the top of the screen.** You will probably need props to achieve this, e.g.
  - a stack of big fat books piled as stably as possible, or
  - a box as long and wide as your laptop, that's just the right height...  
can do the trick to create a sort of tower for the laptop.
5. Experiment now by sitting down straight but relaxed in the chair and...
6. Position and adjust your laptop-tower in relation to your body and chair...
  - so that the midline of your face and body are centered with the center midline of the screen. Your **eyes should now be evenly distanced on either side of the camera lens.**
  - And so that your **eyes appear very high on the screen.** You can play with the screen angle a little: For maximal eye-to-eye contact, your forehead doesn't even need to show much on the screen, i.e. we can look at each other's faces from just above our eyebrows down. In this way our eyes will appear physically most eye-to-eye with each other.
7. Pull in your chair to bring the screen as close as practical to your face.

That's the pose we are going for. It may seem complicated or awkward at first, but once we get to work, I predict you will start to naturally relax, settle into it, forget about it, make it your own, and find it supportive of our connection and work.

## More TIPS to OPTIMIZE SUCCESSFUL VIRTUAL WORK:

- You might find that WiFi router signaling might be noticeably stronger and more reliable in a **specific area(s) of your home or office.**
- **Laptop computers** work best for our purposes because they are most adaptable for the set-up described above. (*Cellphones, pads, and desktops would be 2nd choices.*)

## SCHEDULING VIRTUAL SESSIONS

If possible, I recommend scheduling 15 extra minutes for the first session. This would give us some time in case you need help fine-tuning your setup.