



Online Hypnosis Guidelines

Technical

- Need a device with video-conferencing capability: computer, laptop or tablet. Smart Phones **DO NOT WORK!** If you use a Smart Phone, I will have to re-schedule your appointment as they do not work properly for zoom sessions and our session could be interrupted.
- I will send you an invitation with a link prior to our session about 24 hours in advance.
- If interrupted due to poor connection or loss of connection you'll simply open your eyes as soon as you realize that it's happened. Just reconnect with me and we'll pick up right where we left off. It's kind of like hitting the snooze button on the alarm - when you go back in, you can go even more deeply relaxed. (See on back of how to make your internet better.)
- Please enable your phone's DO NOT DISTURB setting.
- Silence notifications for incoming email or text messages.
- Must position your equipment so that you can recline yet I can still see your face and hand for hand signals and head nods. Also, we must be able to hear each other.
- Need **Headphones with microphone** – noise canceling headphones are best. I found this site with the best low cost headphones <https://musiccritic.com/equipment/headphones/best-cheap-noise-canceling-headphones/> Blue tooth isn't advisable as it usually only has about a 2 hour charge.
- IMPORTANT: Please make sure your device is FULLY charged. If it goes too low it blacks out.

Location

- Make sure you have a private location where you will not be interrupted.
- If you have children – please make sure that someone is caring for them or if older that they know not to bother you.
- Make sure pets are locked out of your room.
- You will need a place where you can put your head back safely and allow your eyes to close but where I will be able to see you.

Logistics

- I will be sure to allow a bathroom break prior to hypnosis
- Have water near by
- Have Kleenex near by
- Have a notepad for note taking
- I will call 911 or emergency contact if I feel it is called for
- Of course, confidentiality will always be maintained

Check out that Internet

- Close all open apps and tabs as they take up bandwidth
- In Zoom turn off the HD Video (This is supposed to be under settings and since I could not find it myself, it might be only when in session.)
- Go to www.speedtest.com to check your internet speed. Be sure to check in the room you are planning your session in. If low, call provider to ask about a modem update.
- MESH Internet Systems are available and run from \$200 up. This connects your entire house as one continuous network. A less expensive version (if you live in a smaller home or apartment) is a Wi-Fi extender which is only around \$30.