

## **REMOTE SESSIONS: Phone, Online Video and Conference Calls**

There are times when it is necessary or indicated to use a call or online video instead of having a live, face-to-face session:

- During bad weather when it would feel unsafe or uncomfortable to come to the office.
- When you might be out of town or unable to come to the office, had an emergency, or don't feel well enough to travel, but want a session.
- For coaching clients where the primary format is via phone.
- When a situation or an emergency has precluded my ability to make an office session.
- For clients requiring private access to treatment without any risk of public exposure.

### **THERE ARE A FEW DIFFERENT OPTIONS FOR REMOTE SESSIONS:**

1. **Arrange a regular one-on-one call** with me at a set time, and I'll call you.
2. **Schedule an online video session with me through [vsee.com](https://vsee.com)**. It's a free, secure, HIPAA compliant online service which is available for any client with a web-cam on their computer. Simply create an account with your email address, accept my "invite" to connect this way, and be online at our scheduled time for my video "call."
3. **Schedule a conference call** with me via a landline or cellphone. This is indicated when there will be more than two of us on the call at one time / or callers in different locations. It is particularly convenient for couples engaged in work-related travel.

Dial-in number: (605)475-4800  
Access code: 565515#

### **PAYMENT:**

When you call in, give me information about a credit or debit card you'd like to use. I will then process it through the "Square" app on my cellphone. You will then get a receipt via text or email.

If you prefer, you may send a check on the day of your phone session to my office at:

The Couples Center, PLLC  
118 Maplewood Ave., Building A  
Portsmouth, NH 03801