

Healing Through Hypnosis

PREPARING FOR ZOOM ONLINE SESSION



First, be sure to place yourself in a quiet room with the door closed where you won't be disturbed during the session. Inform any people present in your household that they may not enter the room for a while, that you cannot be interrupted, and you will not be available for a period of time (this includes pets!). You'll want to have a clear mind for your session. Make sure that you will not be disturbed by your phone or any alerts on any laptop or tablet.

To access the online session, you can use either your laptop, smartphone, tablet, or PC. It is important that any device you use must be physically secured, so do not put your laptop on your lap or hold your smartphone in your hand.

Make sure you are seated comfortably and are in clear view of the video camera. You can use a headset, earbuds, or simply listen to the sound of your device.

It is advised that a few minutes before the start of your session you access the link you have received (especially if you are new to technology or Zoom). Be certain that both your audio and video are functioning on your device prior to the session. Link to video tutorials: <https://support.zoom.us/hc/en-us>

Access the link early in case you have any problems or delays until you are comfortable with the process. If I am not available yet once you access the link, you will arrive in the virtual waiting room. When we're ready to begin you will be admitted into the session.

Hopefully now you are prepared to start your online hypnosis session. It will be as equally effective as one you would have in-person with the added benefit of being in the comfort of your own home or wherever you choose to have it conducted.

If you have any additional questions that I have not addressed, please feel free to contact me via email at HTHypno@gmail.com prior to your scheduled session.