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***Psychotherapy
Supervision
Consultation***

Tele-Therapy Instructions

Below is the link to click on for your tele-therapy appointment.

<https://doxy.me/mattcargeslmft>

Once you click on the link, you will be directed to type in your name. This lets me know you are logged in and ready.

Please be sure to be comfortably seated in a secure and private, quiet room with no distractions.

Here are a few tips that can improve call/video quality:

1. **Restart your computer before a call.** Other software might be using computer power or interfere with your video or microphone. Restarting your computer will assure your computer is ready for video.
2. **Use fast internet with ethernet cable.** Video quality adapts to internet speed, so the faster your internet connection, the better the video quality you will experience.
3. **Use a newer computer with plenty of speed.** Sending and receiving video takes a lot of computer power. Old or slow computers will have a harder time processing the video, which can cause choppiness.
4. **Use low resolution.** If you are experience poor quality, try lowering the resolution. By doing this it requires less bandwidth and computer power, resulting in less choppiness during your call.
5. **Close all other tabs** and programs on your computer.

Please let me know if you have any questions or concerns.

I look forward to seeing you then.

Sincerely,

Matt Carges, LMFT

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