



# LIBERALS & VIDEOCONFERENCING

"THE BOOST TO OPTIMIZING  
ONLINE SESSIONS"



# IN THIS DOCUMENT



## 01- VIDEOCONFERENCING : THE ADVANTAGES

Today, more than ever, videoconferencing is an everyday reality for many people. Whether criticized or adored, it has become a reality. We believe that you should always see the glass half full, which is why we will present all the advantages of videoconferencing that you will be able to enjoy during your online consultations. The health crisis we are facing opens its arms wide to digital solutions.

Have you thought about meeting your patients online? Or are you already conducting sessions online? Following this kit, we hope that you will also be able to see the glass half full (if it is not already the case).

## 02- HOW CAN I OPTIMIZE MY SESSION?

To carry out online therapy sessions is within everyone's reach. But we are going to offer you all the necessary keys to optimize your videoconferencing sessions and thus distinguish yourself by the quality of your digital exchanges. In this second part of the kit, you will find all our technical and organizational advice. You will then be able to apply all this new knowledge about MyC2Care. This recently refurbished platform will become your best digital ally.



# VIDEOCONFERENCING: THE ADVANTAGES

HAVING FLOURISHED DURING LOCKDOWN, VIDEOCONFERENCING IS TODAY A PROFITABLE COMMUNICATION TOOL, USED AT ALL AGES, BY BOTH INDIVIDUALS AND PROFESSIONALS.

Conducting sessions by videoconference allows you more flexibility in your daily life. The unexpected can happen quickly. A nasty virus, a broken ankle, a transportation strike and the day at the office turns out to be very complicated. Video conferencing allows you to put aside all these hazards and thus to carry out your session wherever you are.

Of course, the time you can save is also a significant advantage of videoconferencing. Online sessions allow you to benefit from a spatial advantage: no need to travel. And who says, no travel says, lower costs, also says, I'm acting indirectly for my planet.

Offering your sessions at distance also allows you to reach a larger number of patients. There are no more geographical barriers. You can work with patients anywhere, but also with expatriates. Your visibility will be even better. You will be heard about you not only in your city. Word-of-mouth remains a tool with a strong reach, so it should not be neglected.

But that's not all. The feedback from practitioners who conduct online sessions is irrefutable: patients are much more comfortable. Indeed, being in a familiar place to follow their session can be very comforting for them. A comfortable patient is an effective session.

Digital sessions can also be synonymous with "renewal". Videoconferencing offers you the opportunity to innovate. Beyond changing your session format, take advantage of this opportunity to also develop new digital tools that will easily be included in your session.

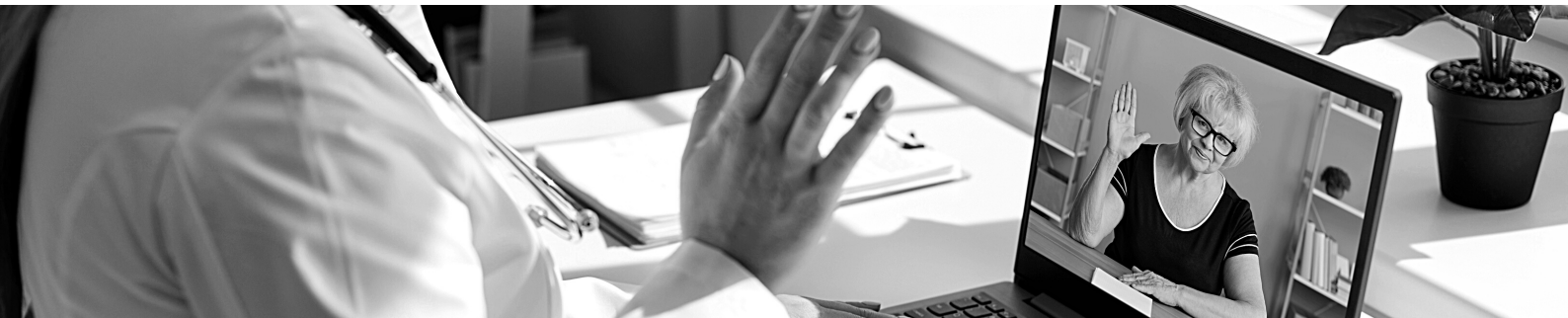
For example, during your session, if you ask your patient a question such as "How do you feel when you arrive at the airport" and you want him/her to organize his/her answers, there is the "Miro" tool. You and your patient will then be able to share the same screen remotely and place post-it notes on it with all the patient's organized answers. You can then save this work and compare it to your next sessions. There are many ways to use this free software and you will certainly benefit from it. There are many tools that you can use simultaneously with your patients.

More flexibility, avoid the unexpected, save time, benefit from a spatial advantage, reduce costs, remove geographical barriers, conduct sessions in a familiar environment, use complementary tools to awaken your creativity and boost your organization are just some of the advantages of videoconferencing. Now are you starting to see the glass half full? Do you feel ready to take the digital step? Then let's get started, let's see how to optimize your online therapy sessions.



## HOW TO OPTIMIZE YOUR VIDEOCONFERENCE SESSION?

DISTANCE THERAPY SESSIONS, AS WE HAVE JUST SEEN, CAN BE VERY BENEFICIAL. HERE, YOU WILL BE ABLE TO DISCOVER ALL OUR TIPS TO IMPROVE YOUR VIDEOCONFERENCE SESSIONS.



Before starting an online session, make sure you have a good internet connection. To do so, start by testing your connection. Nothing could be simpler, there are many tutorials on the Internet and this is done in just a few clicks. If, after testing, your connection is not good, there are many ways to boost it such as switching to 4G, using an internet cable or fiber optics. Once your connection is good, we move on to the second step: installation.

Check your audio. To avoid any complications we advise you to use wired headphones with a microphone or a headset (also equipped with a microphone). And of course, prefer a quiet room with no foot traffic or noise.

Next, your lighting. The light source should be in front of you and ideally natural. Therefore, prefer windows or bay windows. A light on the side or in your back will create too many shadows and will diminish the quality of your consultation. If this is not possible, a soft artificial light will do the trick (placed in front of you).

To optimize your session, your positioning on the screen is a very important step. Your patient will want to see you clearly, so we will avoid positioning ourselves too close or too far from the camera. We advise you to opt for a framing that will leave the top of your skull and your shoulders visible. The eyes will be positioned at the height of the camera. This position will allow you to maintain good eye contact with your patient.

Finally, you will have to verify that your environment, that is to say, your background, remains simple, neutral and not cluttered. Also avoid overly personal decorative elements that could attract the eye and thus divert your patient's attention.

Just for you, here are two additional tips:

You understood it, making videoconference will reduce your costs (transportation, catering, coffee, parking...etc). So don't hesitate to invest a small amount of money in a comfortable office chair. You will save your back and can stay in place as long as you need.

Second little tip: once your entire setup is established, don't hesitate to ask a friend or family member (via Zoom for example) to try out all your settings. This way, if your settings are not optimal, you will still have the opportunity to improve them before starting a session with your patient.