



# Getting the Most Out of Your Video Counseling Session

**Continue your progress at home so you can keep moving forward**

The shift from face-to-face counseling to video counseling may take some getting used to at first. The following tips will help you feel prepared and ready to get the most out of your sessions.

## Preparing for Your Session

- Try to find a quiet, comfortable and safe place free from clutter, noise and other distractions so you can focus on counseling.
- Take time to test your connection and equipment to be sure that everything is working properly.
- Arrange your camera so that your face and shoulders are centered on the screen. This way, you'll be able to see each other's facial expressions as you would during an in-person session.
- Organize your thoughts before your session and jot down a few issues you would like to discuss.

## During Your Session

- Try to have realistic expectations about your first video counseling session. It's normal to feel awkward at first. Your counselor can work with you to help you feel more comfortable.
- Be willing to ask your counselor questions about the video counseling method. Every question you have is a valid one.
- Remember to give your counselor feedback on your experience. Your comments are important and valuable.

**Call Military OneSource anytime, 24/7 at 800-342-9647  
or visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) to schedule a counseling session.**

