

## Step by Step Guide for Telehealth Sessions:

**Step 1:** Upon making an appointment you will receive an email with a link to a client portal. Fill out all needed paperwork within that portal if you have not already done so.

**Step 2:** Type the following address in the web-browser on your phone, tablet or computer:  
[Doxy.me/WilliamArndt](https://Doxy.me/WilliamArndt)

**Step 3:** Type your name in the box that appears for check-in.

**Step 4:** At your appointment time, I will connect to the video call.

**Step 5:** At the end of your appointment we will schedule our next appointment and I will take payment.

### **Additional Information:**

- Telehealth session rates are the same as in-office rates.
- For the best experience headphones are recommended.
- EMDR can still be utilized through telehealth.
- Credit cards may be placed on file for convenience of clients. If this does not work I can submit an invoice to you via email.