



Associates in Brief Therapy, Inc.

This is an automated message **please do not reply** to this email address.

If you need to cancel your appointment or have further questions please call us at **540-772-8043**.

Dear Client,

Welcome to Associates in Brief Therapy, Inc. new Telehealth option. You will need a device (computer, laptop, tablet or phone) which has a camera, microphone, and speakers. You will also need a good connection to the Internet. You will need to be in a quiet private place for your privacy.

Steps to Start:

- On your chosen device, open your favorite web browser (Chrome, Firefox, Safari, or Edge) and go to the following address: <https://abtcounseling.doxy.me/abtwaiting>
- In the Welcome box please type your first and last name (John Doe) and click the Check In button.
- If this is the first time you are using our site it will ask you to enable your camera. This needs to be done so the counselor can see you.
- Depending on your device there will be some other box asking you to grant permission to access this device. On a desktop or laptop, it would likely be a small box in the upper left corner of your browser or on a mobile device it would likely be a popup. Allow access to proceed.
- The check in process should complete on its own once access has been granted.
- You are now in the waiting room.
- When the counselor is ready to begin the session, they will initiate the call.

Please make sure to be checked in to the waiting room at least a few minutes prior to your scheduled appointment time, so when the counselor is ready you will be available.

This is a new feature to both ABT and clients, so if we cooperate together it should be a smooth transition to Telehealth.

Thank you!

Associates in Brief Therapy, Inc.