A Parent's Guide to Preparing for Internet-Based Therapy

Hello! We are very excited to continue to work with you and your family! You are receiving this guide because you are currently receiving therapy services through the Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program at the University of Miami, and you will be presented the option to continue therapy services via a telehealth platform, Zoom, should external circumstances prevent face-to-face interactions.   The guide below provides step-by-step instructions that will teach you how to set up your account before your first session with your therapist.

Accessing Zoom on Your Computer

Step 1: Downloading the Zoom Software on Your Computer

The first time you use Zoom on your computer, you will need to download the application. To do this, follow the link in your email inviting you to the call.

Join Zoom Meeting
https://zoom.us/j/832797348?pwd=L1VDV01UOHhZRjNqbmNubllzMVdmQT09

Clicking the link will open a new tab on your internet browser. Some people may get a "redirect notice." If you get this notice, click the top link.
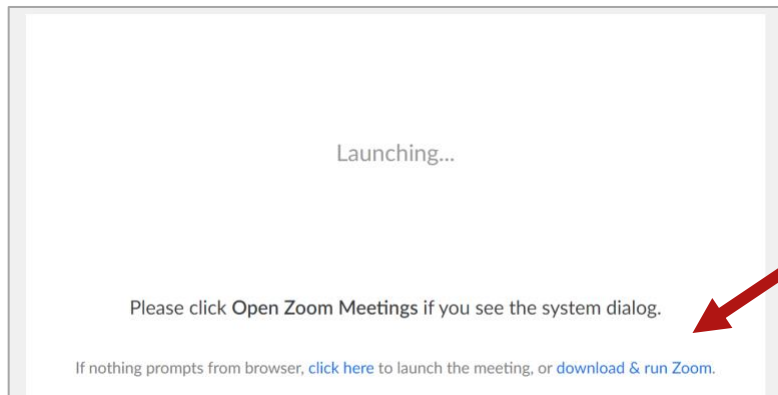
Redirect Notice

The previous page is sending you to https://zoom.us/j/832797348?pwd=L1VDV01UOHhZRjNqbmNubllzMVdmQT09.

If you do not want to visit that page, you can return to the previous page.

You then will be brought to a page to launch the application. If the Zoom application download does not begin automatically, click the "download & run Zoom" link.

The download will then appear at the bottom of your window.
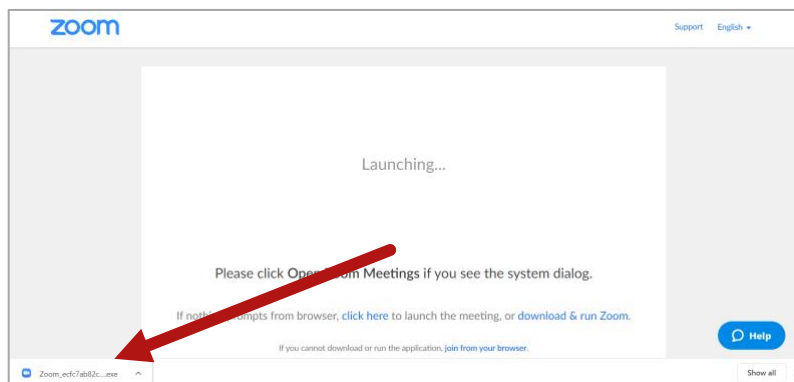
Once the download is complete, a new pop-up window will appear. (If the window does not pop up automatically, click the download icon to open the application.) The install may take a few minutes the first time you open Zoom, but should be faster for future sessions.
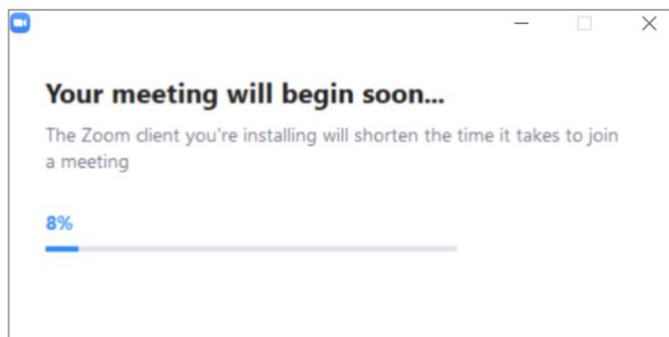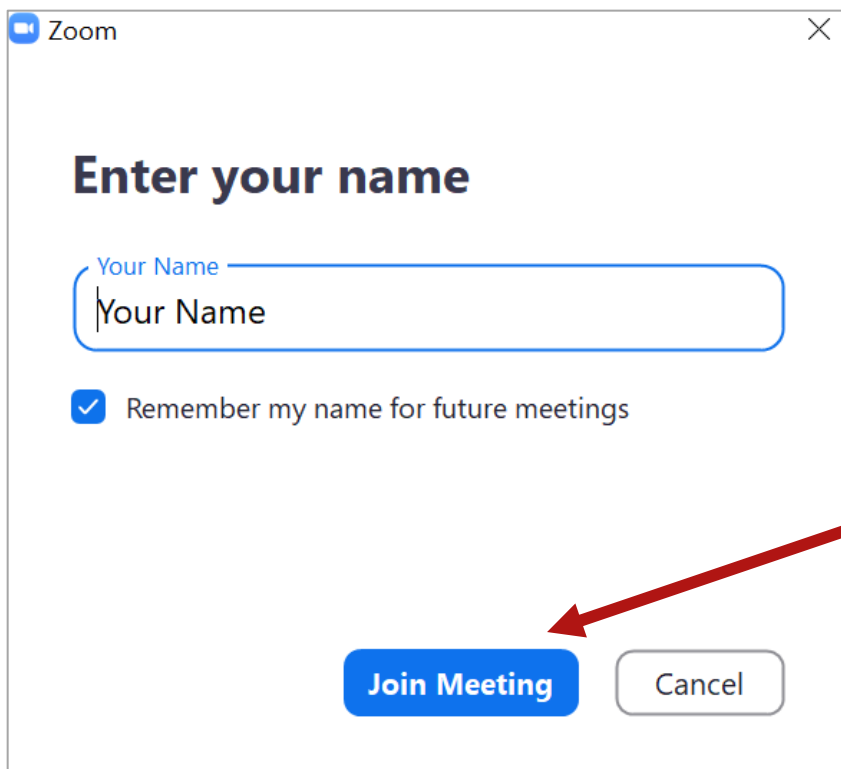
Step 2: Starting Your Zoom Session

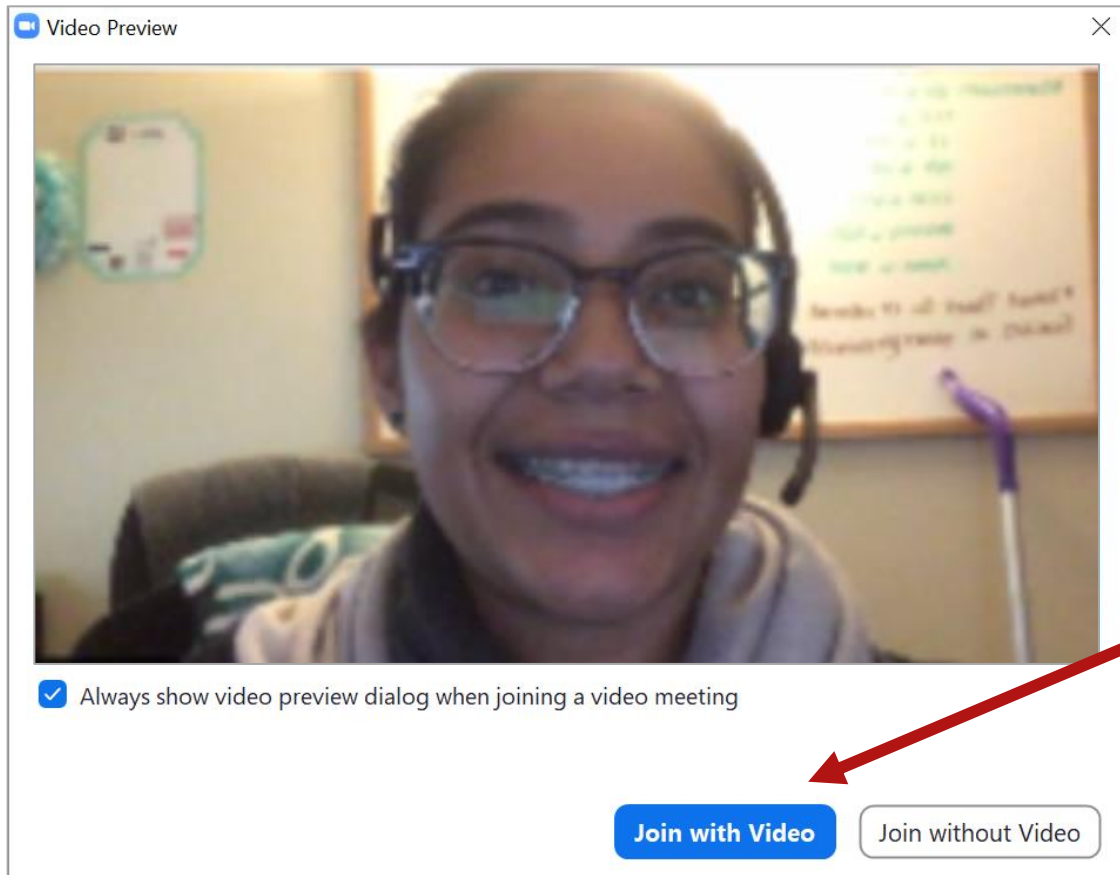Once you have finished installing the Zoom software, you will be able to begin your video call.

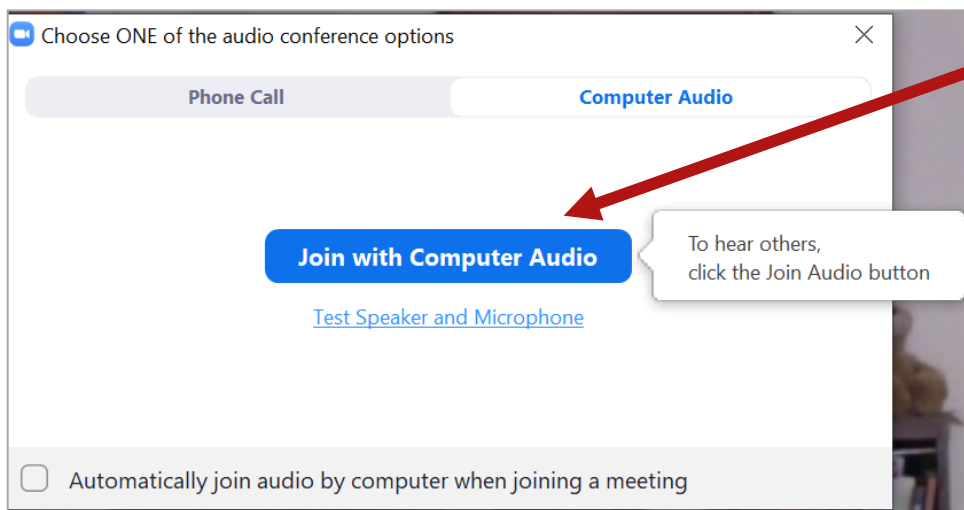If your clinician has not yet joined the call, you will see this screen.
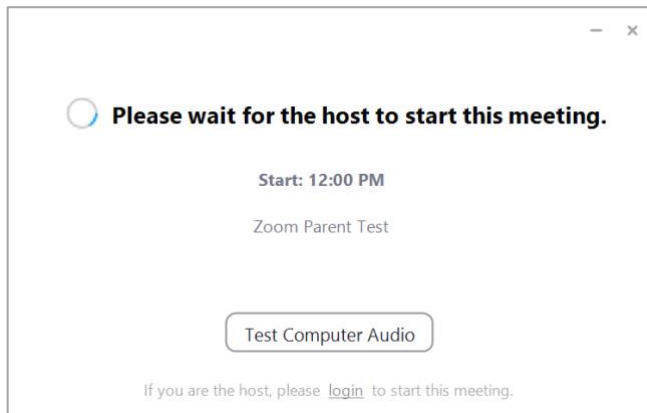
Once your clinician is on the line, you will be prompted to fill in your first name. Type your name and then select "Join Meeting."

Next, you will see a preview of your video screen. Select "Join with Video."

Last, you will be asked to choose an audio option. Select "Join with Computer Audio."

You will now begin your session. You will be able to see yourself in the small window at the top of the screen and your clinician in the main window.

Click the camera icon to display your video.

You can use the microphone icon to mute or un-mute your audio.

When your session is over, simply select the red "Leave Meeting" button.