

Basics of Video Setup

Learning Objectives

By the end of this module, you will be able to:

- ✓ Achieve **proper framing and headroom** for online therapy sessions.
- ✓ Maintain **eye contact** and connection through **effective camera positioning**.
- ✓ Use simple tools to **enhance your video quality without expensive equipment**.

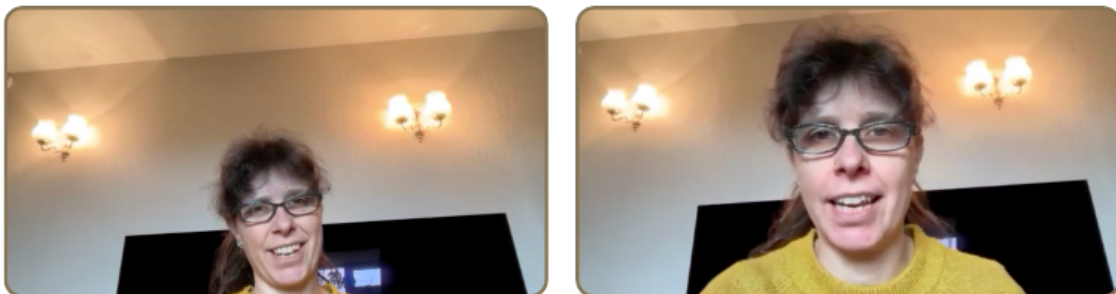
Achieving a Professional Setup with What You Have

Better video quality doesn't require expensive equipment. A well-thought-out setup using your existing laptop or phone can create a **professional and polished** look. Even the best cameras won't help if your **framing, lighting, and positioning** are off.

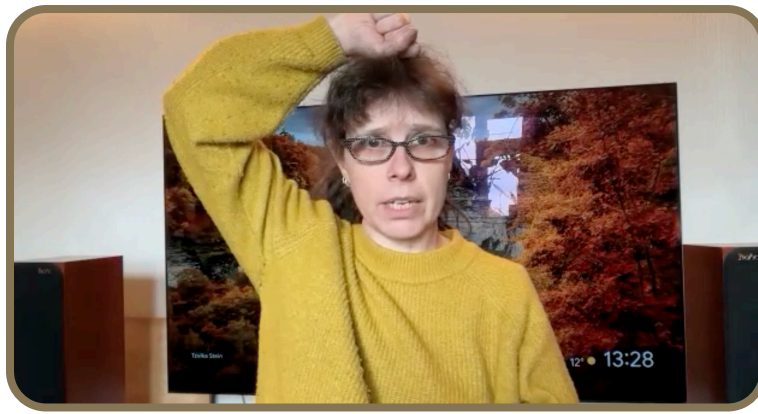
1. Framing and Headroom

- Position yourself in a **head-and-shoulders shot** so your upper body and hand gestures are visible.
- Avoid too much **empty space** above your head—it makes the frame feel disconnected.

Too Much Headroom vs Too Little Headroom



- **Pro tip:** Use the “fist rule” – place a fist on top of your head. The frame's top edge should align with your fist or just above it.



2. Eye Contact & Camera Positioning

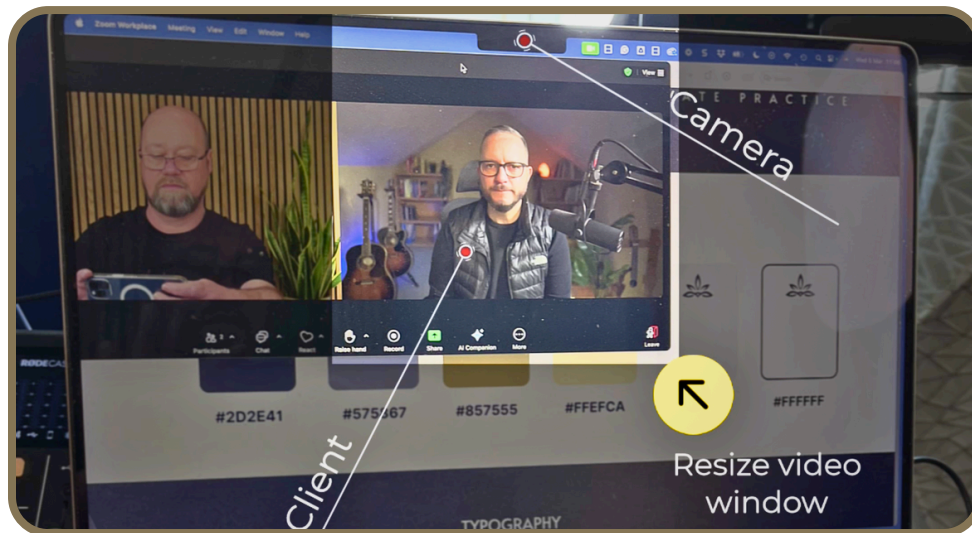
- Good eye contact **builds trust** in face-to-face therapy. Online, it requires intentional setup.
- **Position your camera at eye level** to avoid looking down or up, which can feel intimidating or detached.



- **Pro Tip:** Place a **small sticker** near your camera to remind you where to look.



- **Resize your video app window** and place it near your camera to see your client while maintaining eye contact.



- **Elevate your laptop** with books or a stand if needed. Use a tripod for external cameras.

3. Camera Options

You can use:

- ✓ Your **laptop's built-in camera** (sufficient when positioned well).
 - ✓ An **external webcam** (better quality but ensure it stays in focus).
 - ✓ Your **phone camera** (can connect to your computer for higher quality).
- **Lighting and positioning** are more important than expensive equipment.
 - External cameras may **auto-focus on the background** instead of you—ensure the focus remains on your face.
 - If you upgrade, choose a camera that provides **consistent clarity** without overcomplicating your setup.

Key Takeaway

Simple adjustments can **elevate your video quality** dramatically:

- ✓ Position your camera correctly.
- ✓ Frame yourself properly.
- ✓ Maintain eye contact strategically.

A professional online therapy presence **is about attention to detail**, not expensive gear.